



## Winter Fruit Salad with Feta

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



266 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons butter
- 0.5 cup corn flakes/bran flakes
- 0.3 teaspoon salt
- 0.1 teaspoon pepper black
- 0.3 cup walnut pieces chopped
- 4 cups the of 1 cos lettuce chopped
- 4 cups arugula
- 1 cup orange sections peeled

- 4 oz feta cheese crumbled
- 0.5 cup pomegranate seeds
- 0.3 cup poppy seeds
- 0.3 cup olive oil
- 2 tablespoons citrus champagne vinegar
- 1 teaspoon sugar

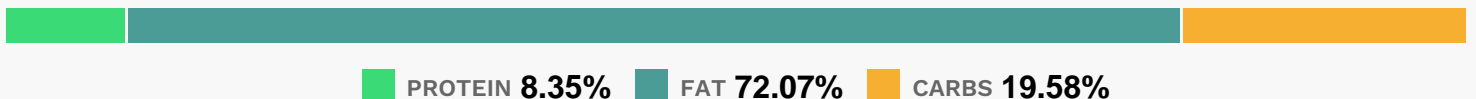
## Equipment

- food processor
- bowl
- frying pan
- paper towels

## Directions

- In 10-inch skillet, melt butter over medium-high heat. Meanwhile, place cereal in food processor. Cover; process until mixture forms a coarse meal.
- Add cereal, salt and pepper to skillet. Cook 5 minutes, stirring frequently.
- Add walnuts to skillet. Cook and stir 3 to 4 minutes longer or until cereal is dark brown and walnuts are toasted slightly.
- Transfer to paper towels to cool.
- In large bowl, mix lettuce, arugula, grapefruit sections, feta cheese and pomegranate seeds. In small bowl, mix poppy seed dressing, olive oil, vinegar and sugar. Stir until well combined.
- Drizzle dressing mixture over salad; toss to coat. Top with cereal mixture just before serving.

## Nutrition Facts



## Properties

Glycemic Index:69.64, Glycemic Load:4.89, Inflammation Score:-10, Nutrition Score:17.109565123268%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 8.18mg, Hesperetin: 8.18mg, Hesperetin: 8.18mg, Hesperetin: 8.18mg Naringenin: 4.6mg, Naringenin: 4.6mg, Naringenin: 4.6mg, Naringenin: 4.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 4.7mg, Kaempferol: 4.7mg, Kaempferol: 4.7mg, Kaempferol: 4.7mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 265.52kcal (13.28%), Fat: 22.21g (34.17%), Saturated Fat: 6.7g (41.87%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 9.68g (3.52%), Sugar: 6.86g (7.63%), Cholesterol: 26.85mg (8.95%), Sodium: 368.65mg (16.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.58%), Vitamin A: 3393.95IU (67.88%), Vitamin K: 55.22µg (52.59%), Manganese: 0.69mg (34.66%), Folate: 106.36µg (26.59%), Vitamin C: 20.74mg (25.14%), Calcium: 206.14mg (20.61%), Vitamin B2: 0.27mg (15.95%), Phosphorus: 158.82mg (15.88%), Fiber: 3.9g (15.59%), Vitamin B1: 0.19mg (12.57%), Iron: 2.25mg (12.52%), Magnesium: 49.05mg (12.26%), Vitamin E: 1.81mg (12.04%), Vitamin B6: 0.23mg (11.74%), Copper: 0.23mg (11.47%), Zinc: 1.4mg (9.34%), Potassium: 297.84mg (8.51%), Selenium: 5.82µg (8.32%), Vitamin B12: 0.49µg (8.23%), Vitamin B3: 1.1mg (5.51%), Vitamin B5: 0.49mg (4.88%), Vitamin D: 0.19µg (1.24%)