



WHATSheATE



Winter Greens with Pomegranate-Champagne Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons dijon mustard
- ☐ 10 oz the salad mixed
- ☐ 6 tablespoons cooking oil
- ☐ 1 Dash pepper black freshly ground
- ☐ 1 pomegranate
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons champagne vinegar

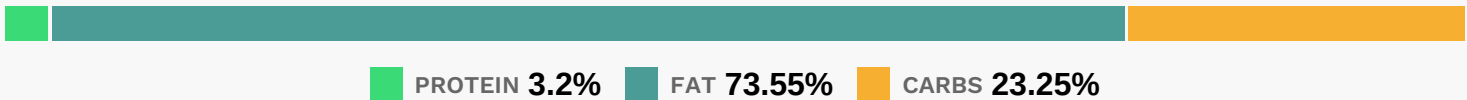
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Place greens in large salad bowl. Peel and seed pomegranate, reserving seeds.
- ☐ In small bowl, combine vinegar and mustard; blend well. With wire whisk, slowly beat in oil until thick.
- ☐ Add salt and pepper. Stir in half of pomegranate seeds.
- ☐ Just before serving, add dressing to greens; toss to coat. Scatter remaining pomegranate seeds over salad.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:3.48, Inflammation Score:-4, Nutrition Score:4.1321739398915%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 129.06kcal (6.45%), Fat: 10.97g (16.88%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 6.35g (2.31%), Sugar: 4.84g (5.38%), Cholesterol: 0mg (0%), Sodium: 57.22mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.15%), Vitamin C: 11.84mg (14.35%), Vitamin E: 2.05mg (13.68%), Vitamin K: 13.3µg (12.67%), Vitamin A: 403.3IU (8.07%), Folate: 26.57µg (6.64%), Fiber: 1.45g (5.81%), Manganese: 0.1mg (5.07%), Potassium: 147.18mg (4.21%), Copper: 0.07mg (3.73%), Phosphorus: 27.84mg (2.78%), Vitamin B6: 0.06mg (2.77%), Vitamin B1: 0.04mg (2.4%), Magnesium: 8.75mg (2.19%), Vitamin B2: 0.04mg (2.18%), Iron: 0.36mg (2.01%), Vitamin B5: 0.18mg (1.78%), Vitamin B3: 0.3mg (1.52%), Zinc: 0.21mg (1.37%)