



Winter Lettuces with Pomegranate Seeds



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



19 kcal

SIDE DISH

Ingredients

- ☐ 1 pound mix of escarole
- ☐ 8 servings pepper freshly ground to taste
- ☐ 0.5 cup pomegranate seeds fresh
- ☐ 8 servings shallot vinaigrette

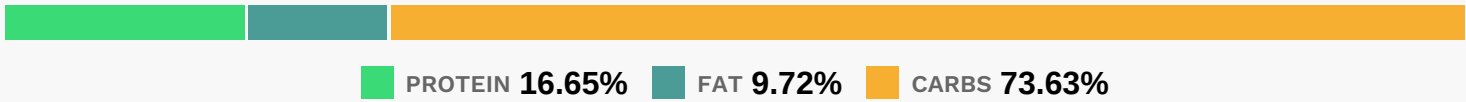
Equipment

- ☐ bowl

Directions

- ☐ Place the greens in a large bowl.
- ☐ Add the dressing and toss to coat.
- ☐ Sprinkle the pomegranate seeds over the greens and serve with freshly ground pepper.
- ☐ Reprinted with permission from Kitchen Revelry by Ali Larter, © 2013 St. Martin's Press

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:1.13, Inflammation Score:-7, Nutrition Score:9.3039130594419%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 5.73mg, Kaempferol: 5.73mg, Kaempferol: 5.73mg, Kaempferol: 5.73mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 19.12kcal (0.96%), Fat: 0.24g (0.37%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 1.82g (0.66%), Sugar: 1.63g (1.81%), Cholesterol: 0mg (0%), Sodium: 12.92mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.83%), Vitamin K: 132.83µg (126.5%), Vitamin A: 1229.26IU (24.59%), Folate: 84.76µg (21.19%), Manganese: 0.27mg (13.3%), Fiber: 2.22g (8.9%), Potassium: 206.89mg (5.91%), Vitamin C: 4.81mg (5.83%), Vitamin B5: 0.55mg (5.53%), Copper: 0.07mg (3.73%), Vitamin B1: 0.05mg (3.53%), Zinc: 0.49mg (3.26%), Calcium: 31.32mg (3.13%), Iron: 0.52mg (2.91%), Vitamin B2: 0.05mg (2.84%), Magnesium: 10.12mg (2.53%), Vitamin E: 0.31mg (2.08%), Phosphorus: 20.32mg (2.03%), Vitamin B3: 0.26mg (1.3%), Vitamin B6: 0.02mg (1.14%)