



Healthdor

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## Orange and Pomegranate Salad ♦♦

A refreshing salad made with oranges and pomegranates. It is a perfect balance of sweet and tangy flavors.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

300 g oranges

200 g pomegranate seeds

### Directions

## Step 1

Cut

Peel and segment the oranges.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Mixing

Place the orange segments and pomegranate seeds in a bowl.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 3

Mixing

Toss the salad gently to combine.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 120 kcal

**Fat:** 0 g

**Protein:** 2 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	6 g	15.79%	24%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	130 mg	144.44%	173.33%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	8 mg	0.8%	0.8%
Iron	4 mg	50%	22.22%
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Easter Game Day

### Course

Salads Soups Sauces & Dressings

### Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest  
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter  
Halloween

### Cost

Under \$10

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

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