



Pomegranate

Nutrition Facts

Serving Size 1 pomegranate (3-3/8" dia) (154.0 g)

Amount Per Serving

Calories 105 Calories from F

% Daily Va

Total Fat 0.5g

Saturated Fat 0.1g

Trans Fat 0.0g

Polyunsaturated Fat 0.1g

Monounsaturated Fat 0.1g

Cholesterol 0mg

Sodium 5mg

Total Carbohydrates 26.4g

Dietary Fiber 0.9g

Sugars 25.5g

Protein 1.5g

Vitamin A 3%

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Vitamin C

Calcium 0%

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Iron

How do you cut a pomegranate?

1. Cut the crown off the pomegranate.
2. Slice it into 4 wedges.
3. Immerse the wedge in a bowl of water and use a spoon or your hand to loosen the seeds into the water.
4. The seeds will sink to the bottom and the white membrane will float to the top. Remove the white pieces with a spoon. Strain the seeds to remove the water.

Picking out a pomegranate

- The skin of a pomegranate should be brightly colored and shiny without cuts and brown spots.
- The outer skin should cling to the inside seeds of the fruit.
- The fruit will not ripen after it has been picked from the tree.
- Store the fruit in a cool dark place.

What are antioxidants?

- Antioxidants help destroy oxidants in the body.
- Oxidants come from harmful chemicals and from the body's normal functions.
- These oxidants destroy tissues and make us age.
- To combat these oxidants eat foods that are dark in color. Pomegranates, blueberries, blackberries, and raspberries are just a few fruits that can help your body protect itself.



Pomegranate Recipes

What to do with Pomegranates?

What can you do with these tantalizing seeds? Pop them into your mouth and enjoy, of course—but when you are looking for some variety: try sprinkling over salads, fruit desserts, cakes or puddings or use in glazes and garnish. Top waffles, oatmeal, pancakes, cereal, or sundaes.



Ladybugs on a log

6 large celery ribs

½ C. pomegranate seeds

4 oz. fat free cream cheese

Directions: Score 1 fresh pomegranate and place in a bowl of water. Break open the pomegranate underwater to free the arils, drain. Wash, trim, dry, and cut the celery into four pieces each; set aside. Fill each piece of celery with cheese. Divide the arils evenly and press onto the cheese. Serve right away or refrigerate for 1 hour.

Pomegranate Salsa

¼ C. pomegranate juice

2 C. arils from 2-3 large pomegranates

3-4 tsp. chopped jalapeno pepper

¼ C. finely chopped yellow bell pepper

4 T chopped cilantro

1 T granulated sugar

½ T white vinegar

½ T water

Directions: Prepare the 2 cups of pomegranate arils and juice. Combine all of the ingredients and mix thoroughly. Serve with tortilla chips or as a garnish for grilled chicken.

Pomegranate and Toasted Almond Quinoa

1 ½ C. quinoa, rinsed in cold water 3 times

6 C. Water

½ tsp. kosher salt

½ C. scallion green, washed and sliced into thin rounds

½ bunch flat-leaf parsley, washed and roughly chopped

Seeds from 1 pomegranate (1 C.)

½ C. toasted sliced or slivered almonds

1 T extra virgin olive oil

1 tsp. red wine vinegar

1 tsp. granulated sugar

Salt and pepper to taste

Directions: In a large pot, add ½ tsp. salt to the 6 C. of water and bring to a boil. Add the quinoa, and cook until tender (8 minutes). Using a sieve, drain well. Cool to room temperature, and set aside in refrigerator. Mix the parsley, scallion greens, pomegranate seeds, olive oil, red wine vinegar and sugar in a bowl. Add the quinoa, and season with salt and pepper, to taste. To serve, top with the toasted almonds.

Pomegranate Smoothie

6 oz. plain yogurt

1 medium banana

¾ C. frozen peach slices

Ice as needed to thicken

½ C. red raspberries

¼ C. frozen blueberries

4 oz. 100% pomegranate juice

Combine ingredients in blender, and blend until desired consistency.