

Seasonal products on the table:
the surprising pomegranate!

NUTRI-lipidomics

Molecular nutrition and healthy diet



The benefits of the pomegranate

Pomegranate is a surprising fruit not only for its beauty and goodness, but also for its functionality and versatility. Its arils have a variable color from white to ruby red and a more or less marked acidity, therefore the fruit can be used both for sweet and savory preparations.

The functionality of this fruit lies not only in the presence of potent phenolic antioxidants, the ellagitannins, but also in the composition of its seeds rich in fatty acids useful for health and other lipophilic compounds such as glycolipids, phospholipids, sterols, fat-soluble vitamins and phenols that beyond to provide antioxidant benefits, they maintain the oxidative stability of the polyunsaturated fatty acids of the seeds.

Anchovies with pomegranate cream

Today we propose a recipe in which the benefits of the pomegranate are combined with those of the blue fish, in a pleasant result for the eyes and the palate.

Recipe

Ingredients (2 people)

- 300 g of fresh anchovies
- 150 g of pomegranate arils
- 30 g of extra virgin olive oil
- 6 unsalted green olives (30 g)

Method:



Pour the extra virgin olive oil in a pan, place the anchovies with the back down one next to the other.

In a bowl, shell the pomegranate arils, place them in a powerful blender and whisk quickly to obtain a creamy sauce.

Stone the olives and cut them into small cubes.

Add the diced olives to the anchovies, cover them with the cream of arils and salt lightly. Turn on the very low heat, cook for a few minutes (about 5-7) over a low flame,

stirring the creamy sauce without ever turning the anchovy fillets. Do not cook longer than the indicated time, to preserve the fatty acids of the fish. Serve on a bed of valerian family salad or rocket or mixed salad, leaving the pomegranate cream to serve as a dressing for the salad. In this way the fatty acids diluted in olive oil will not be lost.

Nutritional values per recipe and per person

	Kcal	Proteines g	Carbs g	Sugar g	Saturated Fats g	Mono- insaturated g	Polin- saturated g	Fibers g	Chole- sterol g
Anchovies	393	61,05	0	0	3,84	3,54	4,89	0	180
Pomegranate	124,5	2,50	28,05	20,05	0,18	0,14	0,12	6	0
Olive oil	265	0	0	0	4,14	21,88	3,12	0	0
Green olives	43,5	0,31	1,15	0,16	0,61	3,4	0,39	0,99	0
Total per recipe	826	63,86	29,2	22,1	8,77	28,96	8,52	6,99	180
Total per person	413	31,96	14,6	11,05	4,38	14,48	4,26	3,49	90

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The food recommendations in the article are not intended to replace a personalized food plan and are to be adapted to specific cases.

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