



Arugula and Celery Salad with Lemon-Anchovy Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds toasted chopped
- ☐ 6 cups baby arugula leaves
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 cup diagonally cut celery
- ☐ 0.3 cup flat-leaf parsley leaves fresh
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.3 cup lemon-anchovy dressing

☐

1 ounce parmigiano-reggiano cheese shaved

Equipment

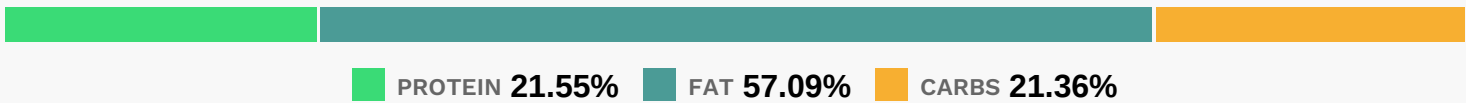
☐

bowl

Directions

- ☐
- Combine first 6 ingredients in a large bowl.
- ☐
- Add 1/3 cup Lemon-Anchovy Dressing; toss gently to coat.
- ☐
- Sprinkle with cheese.
- ☐
- Serve immediately.
- ☐
- Wine note: Arugula, celery, and lemons all contain green flavors. A wine that works well with this trioand won't be undone by the anchoviesis the outrageously fresh Sauvignon Republic 2007 from the Russian River Valley of California (\$18). Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:47.63, Glycemic Load:0.73, Inflammation Score:-8, Nutrition Score:12.460869337554%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 3.8mg, Eriodictyol: 3.8mg, Eriodictyol: 3.8mg, Eriodictyol: 3.8mg Hesperetin: 4.93mg, Hesperetin: 4.93mg, Hesperetin: 4.93mg, Hesperetin: 4.93mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 8.44mg, Apigenin: 8.44mg, Apigenin: 8.44mg, Apigenin: 8.44mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg Kaempferol: 10.59mg, Kaempferol: 10.59mg, Kaempferol: 10.59mg, Kaempferol: 10.59mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 95.43kcal (4.77%), Fat: 6.59g (10.15%), Saturated Fat: 1.55g (9.67%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 3.12g (1.13%), Sugar: 1.7g (1.89%), Cholesterol: 4.82mg (1.61%), Sodium: 206.97mg (9%), Alcohol: Og

(100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Vitamin K: 98.12µg (93.45%), Vitamin C: 19.24mg (23.32%), Vitamin A: 1144.16IU (22.88%), Calcium: 171.1mg (17.11%), Vitamin E: 2.52mg (16.81%), Manganese: 0.33mg (16.72%), Phosphorus: 115.91mg (11.59%), Magnesium: 46.14mg (11.53%), Folate: 45.73µg (11.43%), Vitamin B2: 0.17mg (9.75%), Fiber: 2.43g (9.73%), Potassium: 261.56mg (7.47%), Copper: 0.13mg (6.73%), Iron: 1.2mg (6.66%), Zinc: 0.68mg (4.55%), Vitamin B6: 0.07mg (3.38%), Vitamin B1: 0.05mg (3.15%), Selenium: 2.18µg (3.11%), Vitamin B5: 0.29mg (2.86%), Vitamin B3: 0.54mg (2.71%), Vitamin B12: 0.09µg (1.42%)