



WHATSheATE



Arugula and Fennel Salad with Lemon-Herb Vinaigrette



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



556 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 1.5 cups arugula
- ☐ 2 servings pepper black freshly ground
- ☐ 0.5 cup champagne vinegar
- ☐ 3 cipollini onions peeled
- ☐ 2 small bulbs fennel sliced
- ☐ 1 bunch chives fresh chopped

- ☐ 1 sprig rosemary fresh
- ☐ 5 sprigs thyme leaves fresh
- ☐ 2 cloves garlic
- ☐ 8 grape tomatoes halved
- ☐ 0.5 cup jack cheese grated for garnish
- ☐ 2 juice of lemon juiced
- ☐ 1.3 cups olive oil
- ☐ 2 servings salt
- ☐ 1 shallots diced finely
- ☐ 1 teaspoon sugar

Equipment

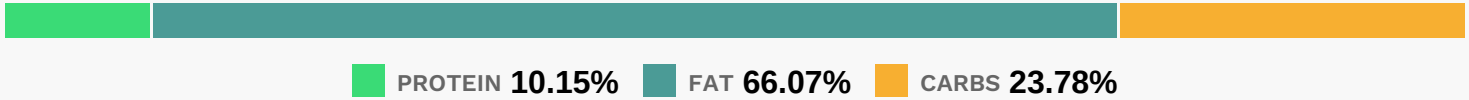
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Put a small saucepan, filled halfway with water, over medium heat and bring to a simmer. Stir in the sugar and a pinch of salt.
- ☐ Add the onions and poach until fork tender.
- ☐ Remove the onions from the water to a small bowl and cool. Halve the onions and set aside.
- ☐ Meanwhile, make the vinaigrette: Chop the garlic and shallot in a food processor or blender.
- ☐ Add the thyme and rosemary leaves and pulse to combine.
- ☐ Add the vinegar, lemon zest and juice, and a pinch of salt and pepper. With the motor running, slowly pour in the olive oil until the mixture is emulsified.
- ☐ Pour the mixture into a bowl and stir in the chives. Season with salt and pepper, to taste, and set aside.

- ☐ Heat a small saute pan over medium-low heat.
- ☐ Add the sliced almonds and toast for 3 to 4 minutes. Stir them so they don't burn!
- ☐ Remove from the heat and let cool.
- ☐ To assemble the salad, put the arugula in a large bowl, add the toasted almonds, grape tomatoes, fennel, cipollini onions, and a few spoonfuls of dressing.
- ☐ Add more dressing, to taste, and season with salt and pepper, if needed.
- ☐ Serve the salad on chilled plates and garnish the top with cheese

Nutrition Facts



Properties

Glycemic Index:215.55, Glycemic Load:8.63, Inflammation Score:-10, Nutrition Score:29.71826068733%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 2.56mg, Eriodictyol: 2.56mg, Eriodictyol: 2.56mg, Eriodictyol: 2.56mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 5.84mg, Kaempferol: 5.84mg, Kaempferol: 5.84mg, Kaempferol: 5.84mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 11.44mg, Quercetin: 11.44mg, Quercetin: 11.44mg, Quercetin: 11.44mg

Nutrients (% of daily need)

Calories: 555.95kcal (27.8%), Fat: 42.16g (64.86%), Saturated Fat: 9.84g (61.53%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 22.09g (8.03%), Sugar: 17.14g (19.04%), Cholesterol: 25.14mg (8.38%), Sodium: 502.36mg (21.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.15%), Vitamin K: 190.39µg (181.32%), Vitamin C: 58.13mg (70.46%), Vitamin E: 8.73mg (58.21%), Manganese: 1.07mg (53.75%), Fiber: 12.04g (48.18%), Calcium: 432.15mg (43.21%), Potassium: 1467.99mg (41.94%), Phosphorus: 356.51mg (35.65%), Vitamin A: 1665.82IU (33.32%), Folate: 115.04µg (28.76%), Magnesium: 109.21mg (27.3%), Vitamin B2: 0.38mg (22.32%), Iron: 3.99mg (22.16%), Copper: 0.4mg (20.06%), Vitamin B6: 0.37mg (18.5%), Zinc: 2.11mg (14.09%), Vitamin B3: 2.57mg (12.86%), Selenium: 7.13µg (10.18%), Vitamin B5: 0.93mg (9.29%), Vitamin B1: 0.12mg (8.24%), Vitamin B12: 0.23µg (3.91%), Vitamin D: 0.17µg (1.13%)