



## Arugula-and-Fennel Salad with Parmesan Curls

READY IN



45 min.

SERVINGS



6

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 5 cups arugula trimmed
- ☐ 2 cups fennel bulb thinly sliced ( 1 small bulb)
- ☐ 3 ounce bread french cut into 3/4-inch cubes
- ☐ 3 tablespoons juice of lemon
- ☐ 2 ounces parmesan cheese fresh shaved
- ☐ 6 servings pepper freshly ground
- ☐ 1 cup onion red separated thinly sliced
- ☐ 0.3 teaspoon salt

☐ 3 tablespoons water

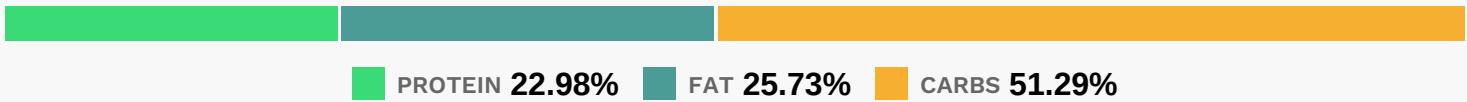
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ peeler

Directions

- ☐ Preheat oven to 35
- ☐ Arrange bread cubes in a single layer on a baking sheet.
- ☐ Bake at 350 for 15 minutes or until toasted.
- ☐ Combine croutons, arugula, fennel, and onion in a large bowl.
- ☐ Combine water, lemon juice, and salt; stir well.
- ☐ Drizzle over salad; toss gently to coat. Spoon salad onto plates; top with cheese, and sprinkle with pepper.
- ☐ Note: To shave Parmesan cheese, pull a swivel-blade peeler across the flat side of the cheese.

Nutrition Facts



Properties

Glycemic Index:40.58, Glycemic Load:6.97, Inflammation Score:-6, Nutrition Score:8.1343478612278%

Flavonoids

Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.05mg, Isorhamnetin: 2.05mg, Isorhamnetin: 2.05mg, Isorhamnetin: 2.05mg Kaempferol: 5.99mg, Kaempferol: 5.99mg, Kaempferol: 5.99mg, Kaempferol: 5.99mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg

Nutrients (% of daily need)

Calories: 101.32kcal (5.07%), Fat: 3g (4.62%), Saturated Fat: 1.68g (10.51%), Carbohydrates: 13.46g (4.49%), Net Carbohydrates: 11.48g (4.17%), Sugar: 3.53g (3.92%), Cholesterol: 6.43mg (2.14%), Sodium: 354.73mg (15.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.06%), Vitamin K: 36.91µg (35.15%), Calcium: 167.45mg (16.74%), Vitamin C: 10.86mg (13.16%), Folate: 48.68µg (12.17%), Manganese: 0.23mg (11.67%), Phosphorus: 112.12mg (11.21%), Vitamin A: 509.69IU (10.19%), Selenium: 6.58µg (9.4%), Vitamin B1: 0.13mg (8.58%), Fiber: 1.98g (7.91%), Vitamin B2: 0.12mg (7.3%), Potassium: 254.85mg (7.28%), Iron: 1.16mg (6.44%), Magnesium: 24.82mg (6.21%), Vitamin B3: 0.98mg (4.92%), Vitamin B6: 0.09mg (4.27%), Zinc: 0.59mg (3.97%), Copper: 0.07mg (3.53%), Vitamin B5: 0.27mg (2.74%), Vitamin E: 0.31mg (2.05%), Vitamin B12: 0.11µg (1.89%)