



Arugula and Mint Salad with Oil-Cured Black Olives, Oranges, and Ricotta Salata



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



227 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 cups arugula packed
- ☐ 1 cup mint leaves fresh (from 2 bunches)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup oil-cured olives black pitted thinly sliced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup orange juice fresh
- ☐ 1 teaspoon orange peel finely grated

- ☐ 1 teaspoon orange-flower water
- ☐ 4 large oranges
- ☐ 1 cup onion red thinly sliced ()
- ☐ 1 tablespoon red wine vinegar
- ☐ 5 ounce ricotta salata salted dry cut into 1 1/2-inch-long, 1/4-inch-thick slices (ricotta cheese)
- ☐ 2 tablespoons shallots minced

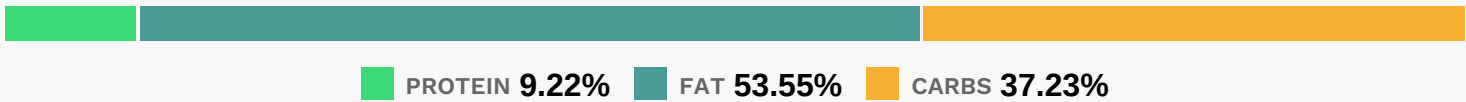
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk first 6 ingredients in small bowl. Gradually whisk in oil. Season with salt and pepper. Do ahead Can be made 1 day ahead. Cover; chill. Bring to room temperature and rewhisk before using.
- ☐ Place onion in large bowl.
- ☐ Add 1/3 of dressing; toss.
- ☐ Let marinate 20 minutes.
- ☐ Cut off peel and pith from oranges.
- ☐ Cut each orange crosswise into 8 slices.
- ☐ Add arugula, mint, and olives to bowl with onion; sprinkle with salt and pepper and toss.
- ☐ Add remaining dressing; toss. Divide salad among 6 plates. Tuck orange slices and ricotta salata slices into salads.

Nutrition Facts



Properties

Glycemic Index:35.08, Glycemic Load:6.55, Inflammation Score:-9, Nutrition Score:15.563043291154%

Flavonoids

Eriodictyol: 2.46mg, Eriodictyol: 2.46mg, Eriodictyol: 2.46mg, Eriodictyol: 2.46mg Hesperetin: 35.79mg, Hesperetin: 35.79mg, Hesperetin: 35.79mg, Hesperetin: 35.79mg Naringenin: 19.05mg, Naringenin: 19.05mg, Naringenin: 19.05mg, Naringenin: 19.05mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg Kaempferol: 11.96mg, Kaempferol: 11.96mg, Kaempferol: 11.96mg, Kaempferol: 11.96mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg

Nutrients (% of daily need)

Calories: 227.28kcal (11.36%), Fat: 14.28g (21.97%), Saturated Fat: 3.51g (21.94%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 17.27g (6.28%), Sugar: 14.6g (16.22%), Cholesterol: 12.05mg (4.02%), Sodium: 208.65mg (9.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.07%), Vitamin C: 81.48mg (98.77%), Vitamin K: 42.31µg (40.3%), Vitamin A: 1557.83IU (31.16%), Folate: 90.76µg (22.69%), Fiber: 5.07g (20.29%), Calcium: 184.81mg (18.48%), Vitamin E: 2.13mg (14.2%), Potassium: 492.31mg (14.07%), Manganese: 0.27mg (13.72%), Magnesium: 42.6mg (10.65%), Vitamin B1: 0.16mg (10.5%), Vitamin B2: 0.16mg (9.19%), Phosphorus: 89.72mg (8.97%), Vitamin B6: 0.17mg (8.53%), Iron: 1.32mg (7.32%), Copper: 0.14mg (7.13%), Selenium: 4.43µg (6.33%), Vitamin B5: 0.6mg (5.98%), Zinc: 0.67mg (4.47%), Vitamin B3: 0.71mg (3.55%), Vitamin B12: 0.08µg (1.34%)