



Arugula and Radicchio with Feta and Dates



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

Ingredients

- ☐ 8 cups baby arugula
- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 cup dates pitted
- ☐ 0.5 cup feta crumbled
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.8 pound radicchio thinly (6 cups)
- ☐ 0.1 teaspoon salt

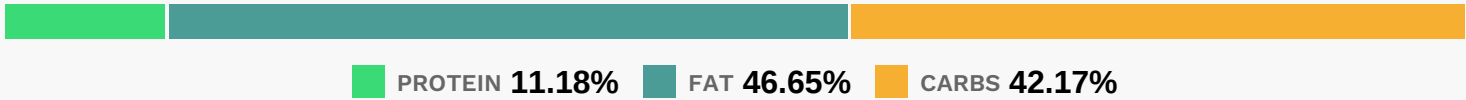
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together lemon juice, oil, salt, and pepper in a bowl until combined well.
- ☐ Halve dates lengthwise and thinly slice crosswise.
- ☐ Toss together arugula, radicchio, feta, and dates in a large bowl, then toss with enough vinaigrette to coat.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:3.43, Inflammation Score:-6, Nutrition Score:9.8834783149802%

Flavonoids

Cyanidin: 54.16mg, Cyanidin: 54.16mg, Cyanidin: 54.16mg, Cyanidin: 54.16mg Delphinidin: 3.27mg, Delphinidin: 3.27mg, Delphinidin: 3.27mg, Delphinidin: 3.27mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 16.17mg, Luteolin: 16.17mg, Luteolin: 16.17mg, Luteolin: 16.17mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Quercetin: 15.08mg, Quercetin: 15.08mg, Quercetin: 15.08mg, Quercetin: 15.08mg

Nutrients (% of daily need)

Calories: 90.3kcal (4.52%), Fat: 5g (7.69%), Saturated Fat: 1.67g (10.42%), Carbohydrates: 10.17g (3.39%), Net Carbohydrates: 8.71g (3.17%), Sugar: 6.58g (7.32%), Cholesterol: 8.34mg (2.78%), Sodium: 158.25mg (6.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.39%), Vitamin K: 132.33µg (126.03%), Folate: 50.42µg (12.6%), Vitamin A: 526.96IU (10.54%), Vitamin E: 1.46mg (9.76%), Vitamin C: 7.89mg (9.56%), Copper: 0.18mg (9.16%), Calcium: 90.29mg (9.03%), Potassium: 272.62mg (7.79%), Manganese: 0.15mg (7.71%), Vitamin B2: 0.11mg (6.76%), Phosphorus: 65.05mg (6.5%), Fiber: 1.46g (5.83%), Magnesium: 20.94mg (5.23%), Vitamin B6: 0.1mg (4.78%), Zinc: 0.66mg (4.38%), Iron: 0.71mg (3.95%), Vitamin B5: 0.35mg (3.52%), Selenium: 2.13µg (3.04%), Vitamin B12: 0.16µg (2.64%), Vitamin B1: 0.04mg (2.38%), Vitamin B3: 0.38mg (1.91%)