



Arugula and Smoked Mozzarella Salad with Lemon Vinaigrette



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



315 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups arugula packed ()
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 9 ounces mozzarella cheese smoked cut into 1/8- to 1/4-inch-thick slices
- ☐ 0.5 cup oil-packed sun-dried tomatoes drained thinly sliced
- ☐ 0.3 cup olive oil
- ☐ 6 tablespoons pinenuts toasted
- ☐ 12 ounce radicchio thinly cored halved very thinly sliced

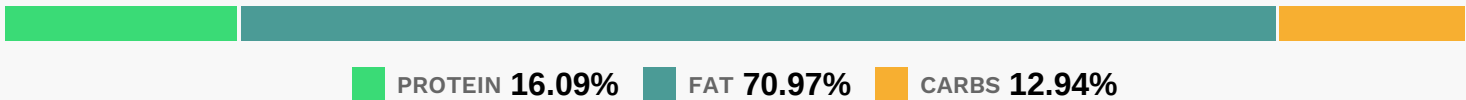
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Mix radicchio, arugula, and tomatoes in large bowl.
- ☐ Place lemon juice in small bowl. Gradually whisk in olive oil. Season dressing with salt and pepper.
- ☐ Add to salad; toss. Divide among 6 plates.
- ☐ Sprinkle salads with nuts.
- ☐ Serve with cheese.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:1.51, Inflammation Score:-7, Nutrition Score:18.975652067558%

Flavonoids

Cyanidin: 72mg, Cyanidin: 72mg, Cyanidin: 72mg, Cyanidin: 72mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 21.55mg, Luteolin: 21.55mg, Luteolin: 21.55mg, Luteolin: 21.55mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 18.68mg, Quercetin: 18.68mg, Quercetin: 18.68mg, Quercetin: 18.68mg

Nutrients (% of daily need)

Calories: 314.72kcal (15.74%), Fat: 25.84g (39.75%), Saturated Fat: 7.41g (46.3%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 8.42g (3.06%), Sugar: 4.91g (5.46%), Cholesterol: 33.59mg (11.2%), Sodium: 292.04mg (12.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.18g (26.35%), Vitamin K: 171.21µg (163.06%), Manganese: 1.17mg (58.66%), Phosphorus: 268.95mg (26.89%), Calcium: 253.59mg (25.36%), Vitamin E: 3.64mg (24.28%), Copper: 0.47mg (23.43%), Potassium: 619.81mg (17.71%), Zinc: 2.47mg (16.47%), Vitamin B12: 0.97µg (16.16%),

Magnesium: 63.76mg (15.94%), Folate: 57.33µg (14.33%), Vitamin C: 11.64mg (14.11%), Vitamin B2: 0.21mg (12.53%), Vitamin A: 623.39IU (12.47%), Selenium: 8.35µg (11.93%), Iron: 2.1mg (11.65%), Fiber: 2.18g (8.73%), Vitamin B1: 0.11mg (7.48%), Vitamin B3: 1.49mg (7.46%), Vitamin B6: 0.1mg (4.87%), Vitamin B5: 0.49mg (4.85%), Vitamin D: 0.17µg (1.13%)