



Arugula and Strawberry Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



621 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups arugula leaves
- 1 tablespoon canola oil
- 0.5 teaspoon granulated sugar
- 0.3 teaspoon kosher salt plus more for seasoning
- 3 tablespoons olive oil extra-virgin
- 4 servings sprinkle poppy seeds
- 3 tablespoons sherry vinegar
- 1 pint strawberries dried fresh split generous washed

Equipment

bowl

whisk

Directions

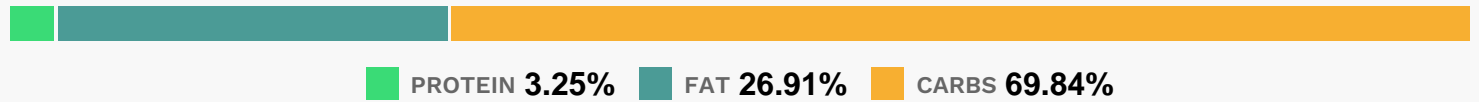
In a large serving bowl, whisk together the sherry vinegar and sugar.

Whisk in the olive oil, canola oil and 1/4 teaspoon salt. Taste for seasoning.

Toss the arugula leaves in the dressing, add the strawberries and poppy seeds and gently mix.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.77, Glycemic Load:0.45, Inflammation Score:-3, Nutrition Score:8.5965218777242%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 621.17kcal (31.06%), Fat: 17.81g (27.4%), Saturated Fat: 2.12g (13.26%), Carbohydrates: 103.97g (34.66%), Net Carbohydrates: 93.19g (33.89%), Sugar: 86.74g (96.37%), Cholesterol: 0mg (0%), Sodium: 151.5mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.68%), Fiber: 10.79g (43.15%), Manganese: 0.64mg (32.07%), Calcium: 205.44mg (20.54%), Vitamin K: 19.72µg (18.78%), Vitamin E: 2.33mg (15.51%), Iron: 2.2mg (12.22%), Magnesium: 36.38mg (9.1%), Phosphorus: 84.4mg (8.44%), Copper: 0.16mg (7.77%), Vitamin B1: 0.08mg (5.42%), Zinc: 0.76mg (5.08%), Vitamin A: 237.3IU (4.75%), Folate: 17.08µg (4.27%), Potassium: 106.14mg (3.03%), Vitamin C: 1.65mg (2%), Selenium: 1.25µg (1.78%), Vitamin B6: 0.03mg (1.48%), Vitamin B2: 0.02mg (1.04%)