



Arugula and Walnut Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

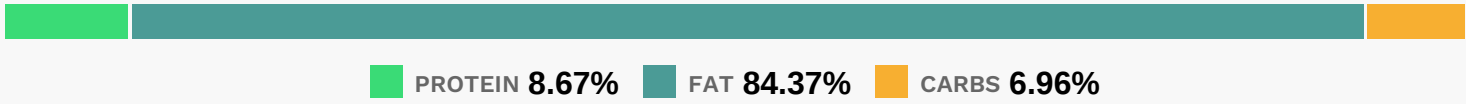
- ☐ 4 ounces arugula
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup feta cheese crumbled
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon red wine vinegar
- ☐ 6 tablespoons walnuts toasted

Equipment

Directions

- ☐ Combine walnuts and arugula.
- ☐ Combine olive oil, red wine vinegar, and Dijon mustard.
- ☐ Drizzle over salad; sprinkle with feta cheese. Toss.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.5, Inflammation Score:-6, Nutrition Score:8.7747825021329%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg 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: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 193.39kcal (9.67%), Fat: 19.02g (29.27%), Saturated Fat: 3.16g (19.75%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 2.02g (0.73%), Sugar: 0.99g (1.1%), Cholesterol: 8.34mg (2.78%), Sodium: 129.02mg (5.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.79%), Vitamin K: 35.71µg (34.01%), Manganese: 0.61mg (30.63%), Vitamin A: 716.18IU (14.32%), Copper: 0.26mg (13.22%), Folate: 45.29µg (11.32%), Calcium: 107.36mg (10.74%), Phosphorus: 99.89mg (9.99%), Magnesium: 39.56mg (9.89%), Vitamin E: 1.26mg (8.37%), Vitamin B2: 0.13mg (7.46%), Vitamin B6: 0.14mg (7.09%), Fiber: 1.51g (6.05%), Zinc: 0.88mg (5.84%), Iron: 0.99mg (5.48%), Vitamin C: 4.47mg (5.42%), Vitamin B1: 0.08mg (5.36%), Potassium: 179.98mg (5.14%), Selenium: 2.65µg (3.79%), Vitamin B5: 0.3mg (3.04%), Vitamin B12: 0.16µg (2.64%), Vitamin B3: 0.35mg (1.77%)