



## Arugula-Apple Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup apples sliced
- 5 oz arugula
- 1 cup cucumber sliced
- 1 teaspoon ginger fresh grated
- 1 teaspoon garlic minced
- 0.3 cup pepper jelly red
- 0.3 cup juice of lime fresh
- 0.3 cup olive oil

- 0.3 cup parmesan cheese shaved
- 0.3 cup sugared pecans
- 0.5 teaspoon salt

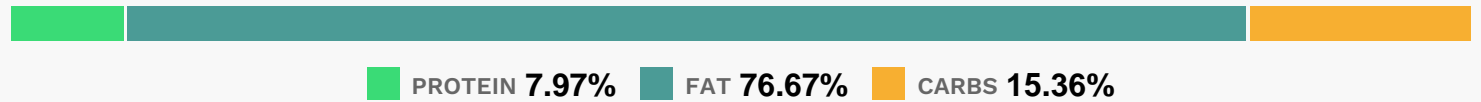
## Equipment

- whisk

## Directions

- Whisk together olive oil, fresh lime juice, red pepper jelly, minced garlic, grated fresh ginger, and salt.
- Combine arugula, sliced apple, and sliced cucumber.
- Add sugared pecans and shaved Parmesan cheese.
- Drizzle with olive oil mixture before serving.

## Nutrition Facts



## Properties

Glycemic Index:32.17, Glycemic Load:1.17, Inflammation Score:-6, Nutrition Score:7.7373912982319%

## Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 8.27mg, Kaempferol: 8.27mg, Kaempferol: 8.27mg, Kaempferol: 8.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

## Nutrients (% of daily need)

Calories: 163.89kcal (8.19%), Fat: 14.65g (22.54%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 4.86g (1.77%), Sugar: 3.66g (4.07%), Cholesterol: 3.78mg (1.26%), Sodium: 290.58mg (12.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.85%), Vitamin K: 33.88µg (32.27%), Vitamin C: 16.42mg (19.9%), Manganese: 0.37mg (18.32%), Vitamin A: 833.76IU (16.68%), Calcium: 114.8mg (11.48%), Vitamin E: 1.65mg (11.02%), Folate: 32.16µg (8.04%), Phosphorus: 76.93mg (7.69%), Fiber: 1.75g (7%), Magnesium: 25.73mg (6.43%), Copper: 0.11mg (5.66%), Potassium: 195.69mg (5.59%), Vitamin B1: 0.07mg (4.42%), Vitamin B6: 0.08mg (4.12%), Zinc: 0.59mg (3.93%), Iron: 0.7mg (3.9%), Vitamin B2: 0.06mg (3.78%), Vitamin B5: 0.28mg (2.78%), Selenium: 1.64µg (2.35%), Vitamin B3: 0.26mg (1.3%), Vitamin B12: 0.07µg (1.11%)