



Arugula, Blood Orange, and Blue Cheese Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



124 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 blood oranges
- ☐ 0.5 cup cheese blue crumbled
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil

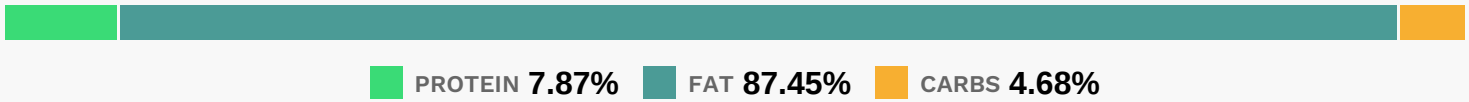
Equipment

- ☐ bowl

Directions

- ☐ Combine arugula and cheese in large bowl.
- ☐ Remove peel and white pith from oranges.
- ☐ Cut between orange membranes to release segments into bowl with arugula and cheese.
- ☐ Pour oil and lemon juice over; toss to blend. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:11.58, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:2.3886956319861%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 123.55kcal (6.18%), Fat: 12.26g (18.86%), Saturated Fat: 3.35g (20.94%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.72g (0.8%), Cholesterol: 8.44mg (2.81%), Sodium: 129.66mg (5.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Vitamin E: 1.35mg (8.98%), Vitamin C: 6.24mg (7.56%), Calcium: 61.83mg (6.18%), Vitamin K: 5.69µg (5.42%), Phosphorus: 44.96mg (4.5%), Vitamin B2: 0.05mg (2.72%), Selenium: 1.66µg (2.38%), Vitamin B12: 0.14µg (2.29%), Vitamin B5: 0.22mg (2.19%), Zinc: 0.31mg (2.05%), Vitamin A: 96.2IU (1.92%), Folate: 7.38µg (1.85%), Potassium: 47.21mg (1.35%), Vitamin B6: 0.03mg (1.3%)