



Arugula Bread Salad

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



157 kcal

SIDE DISH

Ingredients

- 2 cups arugula
- 1 tablespoon balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 1.5 cups cherry tomatoes quartered
- 0.5 teaspoon dijon mustard
- 2 cups bread italian cubed ()
- 2 tablespoons olive oil extra-virgin

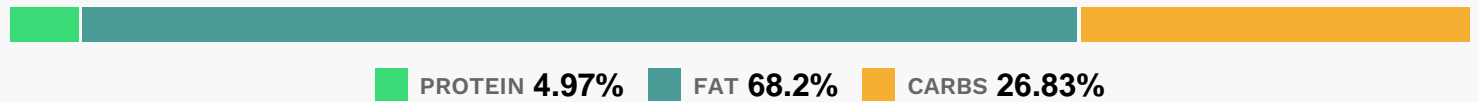
Equipment

- bowl
- frying pan
- whisk
- broiler

Directions

- Preheat broiler.
- Combine olive oil, balsamic vinegar, Dijon, and pepper in a bowl; stir with a whisk.
- Place cubed Italian bread on a jelly-roll pan. Broil 2 minutes or until toasted; stir after 1 minute.
- Add bread to bowl; toss.
- Add arugula and quartered cherry tomatoes; toss.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:4.6321739165679%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 156.77kcal (7.84%), Fat: 12.09g (18.61%), Saturated Fat: 3.67g (22.96%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 9.61g (3.49%), Sugar: 6.53g (7.26%), Cholesterol: 0mg (0%), Sodium: 68.75mg (2.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin C: 14.24mg (17.26%), Vitamin K: 16.89µg (16.09%), Vitamin A: 511.66IU (10.23%), Vitamin E: 1.37mg (9.12%), Folate: 25.85µg (6.46%), Manganese: 0.11mg (5.73%), Potassium: 196.24mg (5.61%), Iron: 0.91mg (5.06%), Vitamin B3: 0.96mg (4.81%), Fiber: 1.1g (4.4%), Magnesium: 13.1mg (3.28%), Vitamin B1: 0.05mg (3.03%), Phosphorus: 27.66mg (2.77%), Copper: 0.05mg (2.63%), Vitamin B6: 0.05mg (2.61%), Calcium: 24.24mg (2.42%), Vitamin B2: 0.03mg (2.01%), Vitamin B5: 0.12mg (1.19%), Zinc: 0.16mg (1.08%)