



Arugula, Fennel, and Apricot Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



99 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 large apricots pitted sliced
- ☐ 5 ounce arugula leaves
- ☐ 1 large fennel bulb very thinly sliced chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 cup natural pistachios unsalted
- ☐ 2 tablespoons shallots minced
- ☐ 2 tablespoons balsamic vinegar white

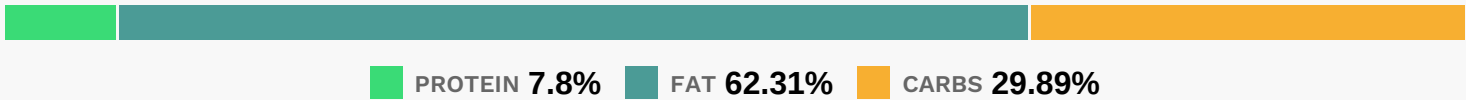
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk vinegar and shallot in medium bowl.Gradually whisk in oil. Season dressing totaste with salt and pepper.
- ☐ Place arugula, sliced fennel, andapricots in large bowl.
- ☐ Whisk choppedfennel fronds into dressing.
- ☐ Drizzle dressingover salad and toss to coat evenly. Seasonto taste with salt and pepper.
- ☐ Transfer saladto large serving bowl.
- ☐ Sprinkle pistachiosover and serve.

Nutrition Facts



Properties

Glycemic Index:27.08, Glycemic Load:2.23, Inflammation Score:-7, Nutrition Score:6.9026087185611%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epigallocatechin: 0.08mg Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 6.35mg, Kaempferol: 6.35mg, Kaempferol: 6.35mg, Kaempferol: 6.35mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 99.43kcal (4.97%), Fat: 7.28g (11.19%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 5.66g (2.06%), Sugar: 5.03g (5.59%), Cholesterol: 0mg (0%), Sodium: 21.62mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Vitamin K: 41.73µg (39.74%), Vitamin A: 981.28IU (19.63%), Vitamin C: 9.21mg (11.16%), Manganese: 0.19mg (9.58%), Vitamin E: 1.32mg (8.83%), Fiber: 2.19g (8.76%), Potassium: 306.74mg (8.76%), Folate: 30.26µg (7.56%), Vitamin B6: 0.11mg (5.74%), Magnesium: 21.58mg (5.4%), Copper: 0.11mg (5.32%), Calcium: 52.19mg (5.22%), Phosphorus: 50.97mg (5.1%), Iron: 0.81mg (4.52%), Vitamin B1: 0.05mg

(3.57%), Vitamin B2: 0.04mg (2.46%), Vitamin B5: 0.24mg (2.36%), Vitamin B3: 0.45mg (2.27%), Zinc: 0.29mg (1.95%)