



Arugula, Fennel, and Avocado Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

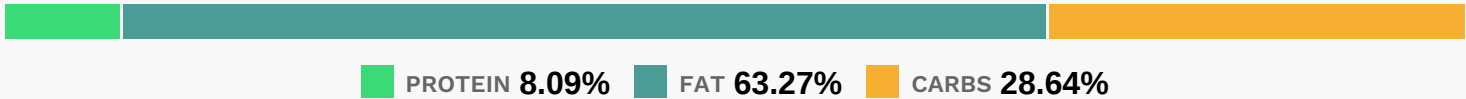
- ☐ 4 ounces arugula trimmed
- ☐ 1.8 cups avocado peeled sliced (1 small)
- ☐ 4 cups fennel bulb thinly sliced (2 small bulbs)
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons parmigiano-reggiano cheese shaved
- ☐ 0.5 teaspoon salt

Equipment

Directions

- ☐ Combine all ingredients except the cheese; toss gently to coat.
- ☐ Divide the salad among 8 salad plates.
- ☐ Sprinkle the cheese evenly among salads.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:1.17, Inflammation Score:-5, Nutrition Score:8.1630435472597%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 4.95mg, Kaempferol: 4.95mg, Kaempferol: 4.95mg, Kaempferol: 4.95mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 92.14kcal (4.61%), Fat: 7.1g (10.93%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 3.43g (1.25%), Sugar: 2.48g (2.76%), Cholesterol: 0.85mg (0.28%), Sodium: 194.25mg (8.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.09%), Vitamin K: 50.73µg (48.32%), Vitamin C: 14.56mg (17.65%), Fiber: 3.8g (15.22%), Folate: 54.19µg (13.55%), Potassium: 403.2mg (11.52%), Vitamin A: 452.94IU (9.06%), Manganese: 0.18mg (8.85%), Vitamin E: 1.26mg (8.42%), Vitamin B5: 0.64mg (6.38%), Calcium: 63.45mg (6.34%), Magnesium: 24.74mg (6.18%), Vitamin B6: 0.12mg (6.05%), Phosphorus: 55.67mg (5.57%), Copper: 0.1mg (5.2%), Vitamin B3: 0.91mg (4.53%), Vitamin B2: 0.07mg (4.38%), Iron: 0.73mg (4.08%), Zinc: 0.4mg (2.69%), Vitamin B1: 0.04mg (2.37%), Selenium: 0.77µg (1.1%)