



Arugula, Fennel, and Parmesan Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



64 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 cups arugula trimmed
- ☐ 0.3 teaspoon pepper black
- ☐ 4 cups fennel bulb thinly sliced 2 bulbs
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 2 ounces parmesan cheese fresh shaved
- ☐ 1 cup onion red thinly sliced
- ☐ 0.5 teaspoon salt

☐ 2 teaspoons sugar

Equipment

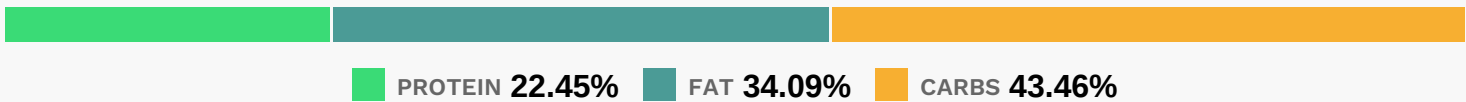
☐ bowl

☐ whisk

Directions

- ☐ Combine first 5 ingredients in a small bowl, stirring with a whisk.
- ☐ Combine fennel and onion in a large bowl; drizzle with dressing, tossing gently to coat.
- ☐ Arrange 1 cup arugula on each of 8 plates. Top each serving with about 3/4 cup fennel mixture and 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:2.13, Inflammation Score:-6, Nutrition Score:7.2817391150672%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg Kaempferol: 7.11mg, Kaempferol: 7.11mg, Kaempferol: 7.11mg, Kaempferol: 7.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 63.93kcal (3.2%), Fat: 2.59g (3.98%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 5.38g (1.96%), Sugar: 4.16g (4.63%), Cholesterol: 4.82mg (1.61%), Sodium: 287.79mg (12.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Vitamin K: 49.72µg (47.35%), Vitamin C: 11.88mg (14.4%), Calcium: 142.55mg (14.25%), Vitamin A: 589.32IU (11.79%), Manganese: 0.18mg (9.18%), Folate: 36.58µg (9.14%), Phosphorus: 87.69mg (8.77%), Potassium: 296.29mg (8.47%), Fiber: 2.04g (8.16%), Magnesium: 22.36mg (5.59%), Iron: 0.72mg (4.03%), Vitamin B2: 0.06mg (3.6%), Vitamin B6: 0.07mg (3.41%), Selenium: 2.07µg (2.96%), Vitamin E: 0.44mg (2.93%), Copper: 0.06mg (2.79%), Zinc: 0.41mg (2.76%), Vitamin B5: 0.25mg (2.53%), Vitamin B3: 0.39mg (1.94%), Vitamin B1: 0.03mg (1.77%), Vitamin B12: 0.09µg (1.42%)