



Arugula, Fig, and Blue Cheese Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



96 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arugula trimmed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons cheese blue crumbled
- ☐ 1.3 cups figs fresh quartered
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 cups torn leaf lettuce red
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon salt

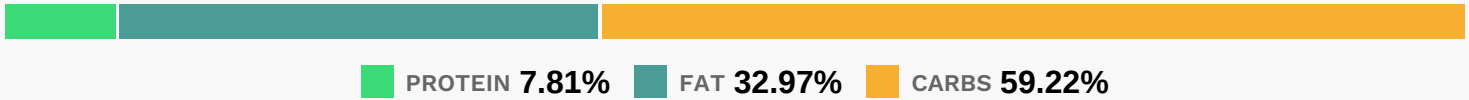
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a large bowl.
- ☐ Combine lemon juice, oil, salt, and pepper; stir well with a whisk. Gently toss lettuce mixture with lemon juice mixture.
- ☐ Sprinkle with blue cheese.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:7.43, Inflammation Score:-7, Nutrition Score:6.065652149527%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 95.96kcal (4.8%), Fat: 3.81g (5.87%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 13.01g (4.73%), Sugar: 12.44g (13.82%), Cholesterol: 3.94mg (1.31%), Sodium: 211.45mg (9.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Vitamin K: 30.06µg (28.63%), Vitamin A: 1313.71IU (26.27%), Fiber: 2.4g (9.62%), Manganese: 0.16mg (7.84%), Vitamin C: 5.65mg (6.85%), Potassium: 239.03mg (6.83%), Calcium: 67.33mg (6.73%), Vitamin B6: 0.11mg (5.69%), Magnesium: 18.47mg (4.62%), Folate: 17.74µg (4.43%), Vitamin B2: 0.07mg (4.32%), Vitamin B1: 0.06mg (3.93%), Phosphorus: 37.99mg (3.8%), Vitamin B5: 0.37mg (3.66%), Copper: 0.06mg (3.23%), Iron: 0.56mg (3.12%), Vitamin E: 0.44mg (2.92%), Vitamin B3: 0.42mg (2.09%), Zinc: 0.31mg (2.05%), Selenium: 1.15µg (1.64%), Vitamin B12: 0.06µg (1.07%)