



Arugula, Golden Cherries, Marcona Almonds and Parmigiano-Reggiano

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup marcona almonds coarsely chopped
- ☐ 0.5 pound baby wild
- ☐ 0.5 pound cherries fresh pitted
- ☐ 4 servings flaky coarse sea salt and pepper black freshly ground
- ☐ 0.8 cup grana padano cheese shaved
- ☐ 3 tablespoons very olive oil good extra-virgin
- ☐ 1 tablespoon citrus champagne vinegar

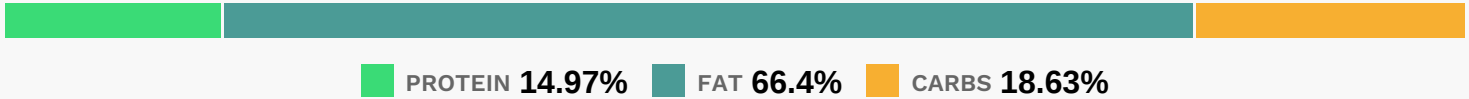
Equipment

☐ bowl

Directions

- ☐ Cut the cherries in half lengthwise and place in a large serving bowl.
- ☐ Add the arugula, cheese and almonds.
- ☐ Drizzle with the oil and vinegar, crush a few generous pinches of salt over the top and season generously with pepper. Toss to combine. Taste and adjust the seasoning, if necessary.
- ☐ From Salads: Beyond the Bowl: Extraordinary Recipes for Everyday Eating by Mindy Fox. Text © 2012 by Mindy Fox; photographs © 2012 by Ellen Silverman. Published in 2012 by Kyle Books.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:2.43, Inflammation Score:-9, Nutrition Score:17.620434838793%

Flavonoids

Cyanidin: 17.57mg, Cyanidin: 17.57mg, Cyanidin: 17.57mg, Cyanidin: 17.57mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 2.94mg, Epicatechin: 2.94mg, Epicatechin: 2.94mg, Epicatechin: 2.94mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg 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: 2.94mg, Isorhamnetin: 2.94mg, Isorhamnetin: 2.94mg, Isorhamnetin: 2.94mg Kaempferol: 19.99mg, Kaempferol: 19.99mg, Kaempferol: 19.99mg, Kaempferol: 19.99mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg

Nutrients (% of daily need)

Calories: 320.42kcal (16.02%), Fat: 24.75g (38.08%), Saturated Fat: 5.28g (32.97%), Carbohydrates: 15.62g (5.21%), Net Carbohydrates: 11.28g (4.1%), Sugar: 9.35g (10.39%), Cholesterol: 12.75mg (4.25%), Sodium: 510.16mg (22.18%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 12.56g (25.12%), Vitamin K: 69.63µg (66.32%), Vitamin E: 6.41mg (12.82%)

(42.75%), Calcium: 368.62mg (36.86%), Manganese: 0.64mg (31.81%), Vitamin A: 1528.37IU (30.57%), Phosphorus: 257.79mg (25.78%), Magnesium: 89.55mg (22.39%), Vitamin B2: 0.33mg (19.62%), Fiber: 4.33g (17.33%), Folate: 66.44µg (16.61%), Vitamin C: 12.49mg (15.14%), Potassium: 484.97mg (13.86%), Copper: 0.27mg (13.39%), Iron: 1.93mg (10.7%), Zinc: 1.38mg (9.21%), Selenium: 5.12µg (7.32%), Vitamin B1: 0.08mg (5.61%), Vitamin B6: 0.11mg (5.54%), Vitamin B5: 0.53mg (5.29%), Vitamin B3: 0.96mg (4.79%), Vitamin B12: 0.22µg (3.75%)