



Arugula, Grape, and Almond Salad with Saba Vinaigrette

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



176 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon aged balsamic vinegar plus more for drizzling
- ☐ 0.8 cup roasted marcona almonds salted coarsely chopped
- ☐ 8 cups arugula
- ☐ 10 servings pepper black freshly ground
- ☐ 0.5 pound purple grapes red seedless
- ☐ 0.3 teaspoon kosher salt plus more for seasoning
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 0.3 pound pecorino cheese shaved with a peeler
- ☐ 1 tablespoon shallots minced
- ☐ 1 tablespoon sherry vinegar ()

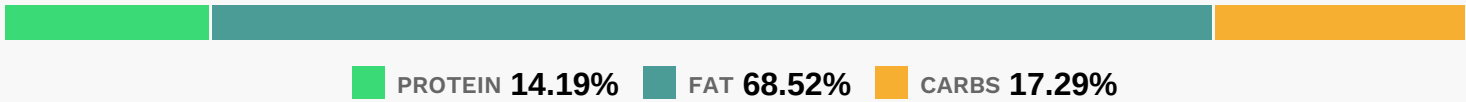
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Finely chop 7 grapes; transfer to a small bowl.
- ☐ Cut remaining grapes in half; transfer to another small bowl and set aside. Using a fork, mash chopped grapes in bowl into a purée. Stir in shallot, 1 tablespoon Sherry vinegar, and 1/4 teaspoon salt and let sit for 5 minutes.
- ☐ Whisk in oil and 1 tablespoon saba. Season vinaigrette to taste with salt, pepper, and more Sherry vinegar, if desired. DO AHEAD: Vinaigrette and halved grapes can be prepared 8 hours ahead. Cover and chill vinaigrette and grapes separately. Bring vinaigrette to room temperature and whisk before continuing.
- ☐ Combine arugula and halved grapes in a large bowl; drizzle with vinaigrette and season with salt and pepper. Toss salad to coat. Arrange salad on chilled dinner plates, dividing evenly. Scatter cheese and almond over.
- ☐ Drizzle salads with more saba.

Nutrition Facts



Properties

Glycemic Index:22.7, Glycemic Load:2.3, Inflammation Score:-5, Nutrition Score:8.0300000439519%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin:

0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg Kaempferol: 5.62mg, Kaempferol: 5.62mg, Kaempferol: 5.62mg, Kaempferol: 5.62mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 176.03kcal (8.8%), Fat: 13.95g (21.47%), Saturated Fat: 3.12g (19.51%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 6.07g (2.21%), Sugar: 4.71g (5.23%), Cholesterol: 11.79mg (3.93%), Sodium: 199.83mg (8.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.5g (13%), Vitamin E: 3.66mg (24.42%), Vitamin K: 24.42µg (23.26%), Calcium: 178.8mg (17.88%), Manganese: 0.33mg (16.67%), Phosphorus: 151.81mg (15.18%), Vitamin B2: 0.19mg (11.43%), Magnesium: 43.35mg (10.84%), Vitamin A: 442.4IU (8.85%), Copper: 0.16mg (7.88%), Fiber: 1.86g (7.43%), Potassium: 197.84mg (5.65%), Folate: 21.84µg (5.46%), Iron: 0.87mg (4.84%), Zinc: 0.73mg (4.84%), Vitamin C: 3.21mg (3.89%), Vitamin B1: 0.05mg (3.31%), Selenium: 2.17µg (3.1%), Vitamin B6: 0.06mg (2.96%), Vitamin B3: 0.49mg (2.46%), Vitamin B12: 0.13µg (2.12%), Vitamin B5: 0.18mg (1.84%)