



Arugula, Roasted Tomato, and Goat Cheese Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



60 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces baby arugula loosely packed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup cherry tomatoes halved
- ☐ 2 tablespoons goat cheese crumbled
- ☐ 0.3 cup maple-balsamic dressing divided
- ☐ 0.3 cup thinly onion red vertically sliced

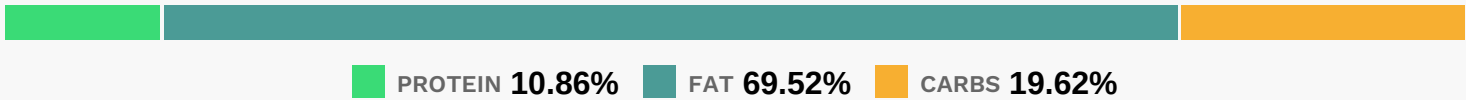
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Combine the tomatoes and 2 tablespoons Maple-Balsamic Dressing; toss well to coat. Arrange tomatoes, cut sides up, on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 350 for 30 minutes or until tomatoes soften. Cool completely.
- ☐ Combine tomatoes, baby arugula, and onion in a large bowl.
- ☐ Drizzle with the remaining 2 tablespoons Maple-Balsamic Dressing; toss gently to coat.
- ☐ Sprinkle evenly with cheese and pepper.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:3.9760869595668%

Flavonoids

Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 6.64mg, Kaempferol: 6.64mg, Kaempferol: 6.64mg, Kaempferol: 6.64mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 60.45kcal (3.02%), Fat: 4.75g (7.31%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.41g (0.87%), Sugar: 1.66g (1.84%), Cholesterol: 2.15mg (0.72%), Sodium: 113.79mg (4.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin K: 21.54µg (20.52%), Vitamin A: 618.72IU (12.37%), Vitamin C: 8.99mg (10.9%), Folate: 23.4µg (5.85%), Manganese: 0.11mg (5.53%), Calcium: 42.39mg (4.24%), Potassium: 135.93mg (3.88%), Copper: 0.07mg (3.54%), Magnesium: 12.67mg (3.17%), Iron: 0.56mg (3.09%), Phosphorus: 30.79mg (3.08%), Vitamin B6: 0.05mg (2.67%), Fiber: 0.61g (2.44%), Vitamin B2: 0.04mg (2.44%), Vitamin B1: 0.02mg (1.58%), Vitamin B5: 0.16mg (1.56%), Vitamin E: 0.23mg (1.54%), Zinc: 0.18mg (1.19%), Vitamin B3: 0.22mg (1.09%)