



Arugula Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



48 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

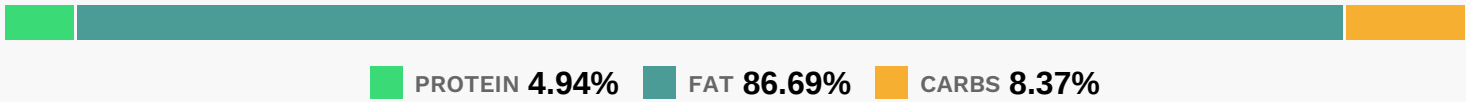
- ☐ 5 ounces arugula
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon lemon zest grated
- ☐ 2 tablespoons olive oil extra-virgin

Equipment

Directions

☐ Toss arugula with olive oil, lemon juice, and peel. Toss to coat.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:3.4386956840754%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 8.24mg, Kaempferol: 8.24mg, Kaempferol: 8.24mg, Kaempferol: 8.24mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 47.75kcal (2.39%), Fat: 4.83g (7.43%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 1.05g (0.35%), Net Carbohydrates: 0.65g (0.24%), Sugar: 0.55g (0.61%), Cholesterol: 0mg (0%), Sodium: 6.5mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin K: 28.56µg (27.2%), Vitamin A: 560.8IU (11.22%), Folate: 23.43µg (5.86%), Vitamin C: 4.62mg (5.6%), Vitamin E: 0.78mg (5.18%), Calcium: 38.11mg (3.81%), Manganese: 0.08mg (3.81%), Magnesium: 11.27mg (2.82%), Potassium: 89.93mg (2.57%), Iron: 0.37mg (2.08%), Fiber: 0.39g (1.58%), Phosphorus: 12.49mg (1.25%), Vitamin B2: 0.02mg (1.22%), Vitamin B5: 0.11mg (1.07%)