



Arugula Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



42 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups baby arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon dijon mustard
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup onion red vertically sliced
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon sherry vinegar

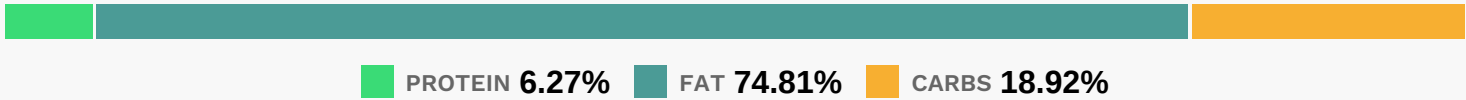
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a large bowl; stir with a whisk.
- ☐ Add arugula and onion; toss well.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:3.2452174140059%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg Kaempferol: 7.06mg, Kaempferol: 7.06mg, Kaempferol: 7.06mg, Kaempferol: 7.06mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 42.49kcal (2.12%), Fat: 3.66g (5.63%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.49g (0.54%), Sugar: 0.98g (1.09%), Cholesterol: 0mg (0%), Sodium: 82.44mg (3.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Vitamin K: 24.17µg (23.02%), Vitamin A: 475.77IU (9.52%), Folate: 21.98µg (5.49%), Manganese: 0.1mg (5.03%), Vitamin C: 4.01mg (4.86%), Vitamin E: 0.6mg (3.97%), Calcium: 36.12mg (3.61%), Magnesium: 11.25mg (2.81%), Potassium: 96.91mg (2.77%), Fiber: 0.59g (2.37%), Iron: 0.37mg (2.08%), Vitamin B6: 0.03mg (1.56%), Phosphorus: 15.1mg (1.51%), Vitamin B2: 0.02mg (1.25%), Copper: 0.02mg (1.14%), Vitamin B5: 0.11mg (1.06%), Vitamin B1: 0.02mg (1.04%)