



Arugula Salad and Ultimate Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



142 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

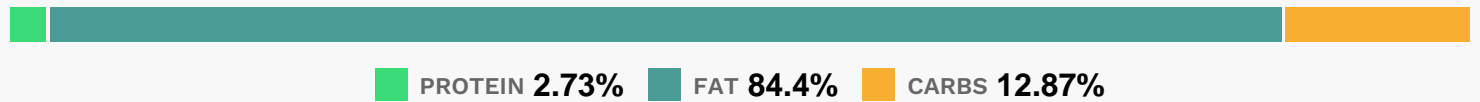
- 6 cups arugula
- 1 teaspoon dijon mustard
- 1 teaspoon honey
- 4 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil extra-virgin
- 2 teaspoons red wine vinegar
- 1 shallots finely minced
- 1 teaspoon sugar

Equipment

Directions

- Combine the shallot, mustard, vinegar, oil, sugar, honey and salt and pepper in a jar and shake to emulsify.
- Toss arugula with vinaigrette, to taste.

Nutrition Facts



Properties

Glycemic Index:62.09, Glycemic Load:1.92, Inflammation Score:-6, Nutrition Score:5.2539130112399%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 142kcal (7.1%), Fat: 13.75g (21.16%), Saturated Fat: 1.89g (11.84%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 3.96g (1.44%), Sugar: 3.56g (3.96%), Cholesterol: 0mg (0%), Sodium: 23.17mg (1.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Vitamin K: 41.06µg (39.1%), Vitamin A: 713.58IU (14.27%), Vitamin E: 2.08mg (13.87%), Folate: 31.36µg (7.84%), Manganese: 0.14mg (6.76%), Vitamin C: 5.03mg (6.09%), Calcium: 51.94mg (5.19%), Magnesium: 16.32mg (4.08%), Potassium: 136.82mg (3.91%), Iron: 0.64mg (3.54%), Fiber: 0.76g (3.05%), Vitamin B6: 0.05mg (2.25%), Phosphorus: 21.13mg (2.11%), Vitamin B2: 0.03mg (1.7%), Copper: 0.03mg (1.58%), Vitamin B5: 0.16mg (1.56%), Vitamin B1: 0.02mg (1.29%), Zinc: 0.18mg (1.2%)