



Arugula Salad with Caramelized Onions, Goat Cheese, and Candied Walnuts

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



395 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounce baby arugula
- ☐ 3 tablespoons balsamic vinegar
- ☐ 4 cups cubes country bread crustless
- ☐ 2 tablespoons butter ()
- ☐ 10 ounce goat cheese chilled soft
- ☐ 0.3 cup brown sugar packed ()
- ☐ 5 tablespoons olive oil extra-virgin

- ☐ 1.3 pounds onions red thinly sliced
- ☐ 1 pinch of salt
- ☐ 1.5 cups walnut halves
- ☐ 0.3 cup water

Equipment

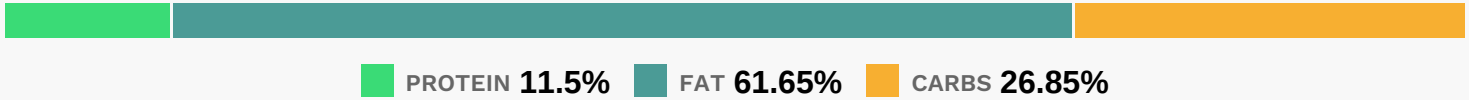
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Add onions. Sauté until golden, about 18 minutes.
- ☐ Remove from heat.
- ☐ Sprinkle with vinegar; stir to blend. Season with salt and pepper.
- ☐ Combine first 4 ingredients in another heavy large skillet. Bring to boil, whisking. Boil 1 minute.
- ☐ Add walnuts; stir. Toss until syrup forms glaze on nuts, about 3 minutes.
- ☐ Transfer nuts to sheet of foil and quickly separate nuts with forks. Cool. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Preheat oven to 350°F.
- ☐ Place bread cubes in large bowl.
- ☐ Drizzle with oil, tossing constantly to coat evenly. Scatter cubes in single layer on rimmed baking sheet.
- ☐ Sprinkle with salt and pepper.

- ☐
- Bake croutons until crisp, stirring occasionally, about 15 minutes. DO AHEAD: Can be made 2 hours ahead.
- ☐
- Let stand on sheet at room temperature.
- ☐
- Whisk oil and vinegar in small bowl. Season dressing with salt and pepper.
- ☐
- Place arugula in very large bowl. Drop in onions, tossing to distribute evenly.
- ☐
- Add nuts, croutons, and goat cheese. Toss with enough dressing to coat lightly.
- ☐
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:23.77, Glycemic Load:7.73, Inflammation Score:-8, Nutrition Score:15.002608807191%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg 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: 4.06mg, Isorhamnetin: 4.06mg, Isorhamnetin: 4.06mg, Isorhamnetin: 4.06mg Kaempferol: 10.26mg, Kaempferol: 10.26mg, Kaempferol: 10.26mg, Kaempferol: 10.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.76mg, Quercetin: 13.76mg, Quercetin: 13.76mg, Quercetin: 13.76mg

Nutrients (% of daily need)

Calories: 394.81kcal (19.74%), Fat: 27.95g (43%), Saturated Fat: 7.82g (48.86%), Carbohydrates: 27.39g (9.13%), Net Carbohydrates: 23.9g (8.69%), Sugar: 12.81g (14.24%), Cholesterol: 19.06mg (6.35%), Sodium: 246.02mg (10.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.73g (23.45%), Manganese: 1.07mg (53.48%), Vitamin K: 37.62µg (35.83%), Copper: 0.57mg (28.45%), Vitamin A: 1040.65IU (20.81%), Phosphorus: 195.26mg (19.53%), Folate: 78.07µg (19.52%), Magnesium: 61.79mg (15.45%), Calcium: 151.59mg (15.16%), Vitamin B6: 0.28mg (14.09%), Vitamin B1: 0.21mg (14.03%), Iron: 2.52mg (13.97%), Fiber: 3.49g (13.96%), Vitamin B2: 0.23mg (13.6%), Selenium: 8.59µg (12.27%), Vitamin C: 8.72mg (10.57%), Vitamin E: 1.42mg (9.48%), Potassium: 319.61mg (9.13%), Vitamin B3: 1.73mg (8.66%), Zinc: 1.27mg (8.5%), Vitamin B5: 0.68mg (6.83%)