



Arugula Salad with Citrus Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 ounces arugula - dried rinsed
- 0.3 cup olive oil extra virgin
- 0.3 cup grapefruit juice freshly squeezed
- 0.3 cup orange juice freshly squeezed
- 1 pears cored sliced
- 1 bell pepper red thinly sliced
- 4 servings salt to taste

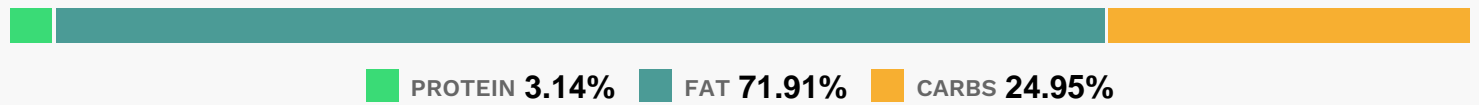
Equipment

bowl

Directions

- In a jar with a tight fitting lid, combine grapefruit juice, orange juice, olive oil, and salt. Shake vigorously.
- In a salad bowl, combine arugula, pear, and red pepper.
- Drizzle dressing over salad, and toss to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.19, Glycemic Load:4.77, Inflammation Score:-9, Nutrition Score:12.876087077286%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.96mg, Isorhamnetin: 1.96mg, Isorhamnetin: 1.96mg, Isorhamnetin: 1.96mg Kaempferol: 14.84mg, Kaempferol: 14.84mg, Kaempferol: 14.84mg, Kaempferol: 14.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 221.2kcal (11.06%), Fat: 18.49g (28.45%), Saturated Fat: 2.55g (15.96%), Carbohydrates: 14.44g (4.81%), Net Carbohydrates: 11.7g (4.25%), Sugar: 10.36g (11.51%), Cholesterol: 0mg (0%), Sodium: 207.87mg (9.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.63%), Vitamin C: 62mg (75.15%), Vitamin K: 60.62µg (57.74%), Vitamin A: 1994.41IU (39.89%), Vitamin E: 3.31mg (22.04%), Folate: 64.64µg (16.16%), Fiber: 2.75g (10.98%), Potassium: 344.72mg (9.85%), Manganese: 0.19mg (9.73%), Calcium: 78.27mg (7.83%), Magnesium: 30.92mg (7.73%), Vitamin B6: 0.14mg (6.94%), Iron: 1.05mg (5.84%), Vitamin B2: 0.08mg (4.68%), Copper: 0.08mg (4.16%), Phosphorus: 40.86mg (4.09%), Vitamin B1: 0.06mg (3.91%), Vitamin B5: 0.36mg (3.61%), Vitamin B3: 0.63mg

(3.17%), Zinc: 0.35mg (2.33%)