



Arugula Salad with Fried Gorgonzola

 Vegetarian

READY IN

ready

147 min.

SERVINGS

servings

6

CALORIES

calories

303 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounces coarsely torn arugula
- ☐ 0.8 cup bread crumbs dried italian
- ☐ 1 large eggs beaten to blend
- ☐ 1 garlic clove minced
- ☐ 7 ounces gorgonzola
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.3 cup olive oil for deep-frying plus more

- ☐ 6 servings salt and pepper black freshly ground

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Blend the Gorgonzola in a food processor until smooth and creamy, scraping down the sides of the work bowl occasionally. Using 1 rounded teaspoon of cheese for each, form the cheese into 18 (1-inch) balls. Working in batches, coat the balls with the egg then with the bread crumbs. Repeat coating the balls in the egg and bread crumbs. Arrange the balls on a small baking sheet. Cover and refrigerate until cold, at least 2 hours or overnight.
- ☐ Whisk the lemon juice, garlic, and lemon peel in a medium bowl to blend. Gradually whisk in 1/3 cup oil. Season the dressing, to taste, with salt and pepper. Set the dressing aside.
- ☐ Add enough oil to a heavy small saucepan to come 2 inches up the sides of the pan.
- ☐ Heat the oil over medium heat. At this point, remove the refrigerated Gorgonzola balls from the refrigerator. Working in batches, add the cold balls to the hot oil and fry just until golden brown, about 20 seconds. (It is essential that the Gorgonzola balls be cold when they go into the oil, otherwise they will fall apart in the oil. If they start to warm up at any point, return them to the refrigerator to firm back up.) Using a slotted spoon, transfer the fried balls to paper towels to drain.
- ☐ Toss the arugula in a large bowl with enough dressing to coat. Season the salad, to taste, with salt and pepper. Mound the salad on plates. Top the salads with the hot fried Gorgonzola balls and serve immediately.

Nutrition Facts



 **PROTEIN 14.61%**  **FAT 68.39%**  **CARBS 17%**

Properties

Glycemic Index:20.17, Glycemic Load:0.58, Inflammation Score:-8, Nutrition Score:13.864347913991%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg Kaempferol: 16.49mg, Kaempferol: 16.49mg, Kaempferol: 16.49mg, Kaempferol: 16.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 302.61kcal (15.13%), Fat: 23.34g (35.9%), Saturated Fat: 8.31g (51.94%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 11.61g (4.22%), Sugar: 2.2g (2.45%), Cholesterol: 55.81mg (18.6%), Sodium: 504.2mg (21.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.22g (22.44%), Vitamin K: 60.61µg (57.72%), Vitamin A: 1419.71IU (28.39%), Calcium: 281.74mg (28.17%), Folate: 77.65µg (19.41%), Phosphorus: 192.89mg (19.29%), Selenium: 10.98µg (15.69%), Vitamin B2: 0.26mg (15.38%), Manganese: 0.3mg (15.15%), Vitamin E: 2.13mg (14.17%), Vitamin C: 10.36mg (12.56%), Vitamin B1: 0.17mg (11.15%), Vitamin B5: 1mg (9.95%), Zinc: 1.42mg (9.44%), Magnesium: 37.39mg (9.35%), Iron: 1.68mg (9.35%), Potassium: 308.43mg (8.81%), Vitamin B12: 0.52µg (8.75%), Vitamin B3: 1.4mg (6.98%), Vitamin B6: 0.13mg (6.51%), Fiber: 1.44g (5.76%), Copper: 0.09mg (4.69%), Vitamin D: 0.33µg (2.21%)