



Arugula Salad with Lemon-Parmesan Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



271 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups baby arugula packed ()
- ☐ 1 cup cherry tomatoes halved
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 5 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 cup parmesan cheese freshly grated

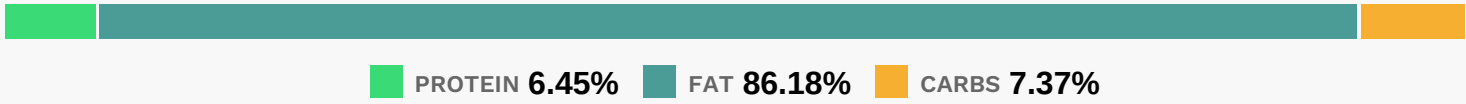
Equipment

- ☐ bowl

Directions

- ☐ Blend first 4 ingredients in processor.Season dressing with salt and pepper.
- ☐ Transfer to bowl. Cover; chill up to 3 days.
- ☐ Combine arugula and tomatoes in largebowl. Toss with enough dressing to coat.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:8.9047827409661%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 9.31mg, Kaempferol: 9.31mg, Kaempferol: 9.31mg, Kaempferol: 9.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 271.16kcal (13.56%), Fat: 26.7g (41.08%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 5.14g (1.71%), Net Carbohydrates: 4.26g (1.55%), Sugar: 2.07g (2.3%), Cholesterol: 9.67mg (3.22%), Sodium: 207.71mg (9.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.99%), Vitamin K: 44.69µg (42.56%), Vitamin E: 3.83mg (25.51%), Vitamin C: 20.05mg (24.31%), Vitamin A: 972.71IU (19.45%), Calcium: 148.08mg (14.81%), Phosphorus: 99.1mg (9.91%), Folate: 35.08µg (8.77%), Manganese: 0.15mg (7.42%), Potassium: 238.72mg (6.82%), Selenium: 4.23µg (6.05%), Magnesium: 21.59mg (5.4%), Iron: 0.92mg (5.12%), Zinc: 0.68mg (4.55%), Vitamin B2: 0.07mg (4.37%), Vitamin B6: 0.07mg (3.67%), Fiber: 0.88g (3.5%), Copper: 0.06mg (3.21%), Vitamin B12: 0.15µg (2.5%), Vitamin B1: 0.04mg (2.36%), Vitamin B5: 0.23mg (2.32%), Vitamin B3: 0.37mg (1.83%)