



Arugula Salad with Olives, Pancetta, and Parmesan Shavings

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



430 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups arugula loosely packed ()
- ☐ 0.3 cup kalamata olives pitted halved
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 6 slices pancetta italian thin (bacon;)
- ☐ 2 servings parmesan cheese shavings

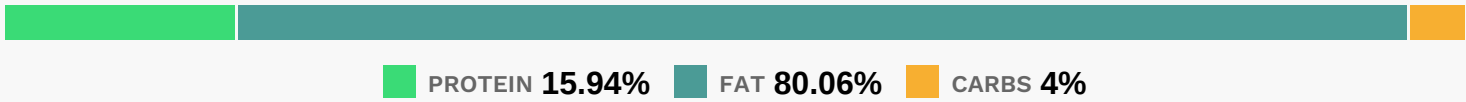
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Arrange pancetta in single layer in medium nonstick skillet. Cook over medium heat until browned and crisp (do not turn), about 8 minutes.
- ☐ Transfer to paper towels to drain.
- ☐ Whisk oil and lemon juice in small bowl. Season dressing with salt and pepper.
- ☐ Place arugula and olives in medium bowl; toss with dressing. Divide salad between plates. Top with pancetta and Parmesan shavings.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:0.52, Inflammation Score:-8, Nutrition Score:13.759130602298%

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: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 13.96mg, Kaempferol: 13.96mg, Kaempferol: 13.96mg, Kaempferol: 13.96mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 429.83kcal (21.49%), Fat: 38.64g (59.45%), Saturated Fat: 12.45g (77.82%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 2.94g (1.07%), Sugar: 1.37g (1.52%), Cholesterol: 48.12mg (16.04%), Sodium: 1120.72mg (48.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.32g (34.63%), Vitamin K: 50.75µg (48.33%), Calcium: 433.55mg (43.36%), Phosphorus: 290.98mg (29.1%), Vitamin A: 1287.92IU (25.76%), Selenium: 15.52µg (22.17%), Vitamin E: 2.8mg (18.66%), Vitamin C: 8.9mg (10.79%), Folate: 43.08µg (10.77%), Zinc: 1.52mg (10.14%), Vitamin B1: 0.15mg (10.12%), Vitamin B2: 0.17mg (10.04%), Magnesium: 39.97mg (9.99%), Vitamin B3: 1.95mg (9.76%), Vitamin B12: 0.57µg (9.5%), Vitamin B6: 0.18mg (8.93%), Potassium: 275.64mg (7.88%), Manganese:

0.14mg (7%), Iron: 1.18mg (6.54%), Fiber: 1.4g (5.62%), Vitamin B5: 0.56mg (5.59%), Copper: 0.09mg (4.29%),
Vitamin D: 0.32μg (2.12%)