



Arugula Salad With, Oranges, Pomegranate Seeds, and Goat Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



136 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 16 cups arugula
- ☐ 0.8 teaspoon coarse salt
- ☐ 1 cup goat cheese fresh crumbled soft
- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.8 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons orange juice concentrate frozen thawed

- ☐ 5 cranberry-orange relish
- ☐ 0.8 cup cranberries dried
- ☐ 0.3 cup onion red finely chopped

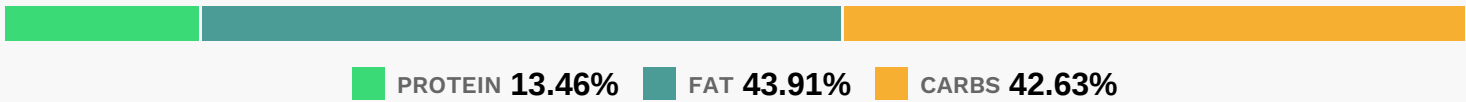
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk first 5 ingredients in bowl to blend. (Can be made 1 day ahead. Chill. Bring to room temperature and rewhisk before using.)
- ☐ Cut off peel and white pith from oranges.
- ☐ Cut oranges into 1/4- to 1/2-inch-thick rounds.
- ☐ Cut each round into quarters.
- ☐ Transfer orange pieces to large bowl.
- ☐ Add remaining ingredients and toss to combine. Toss salad with enough dressing to coat and serve.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:2.46, Inflammation Score:-7, Nutrition Score:8.90652174535%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 15.61mg, Hesperetin: 15.61mg, Hesperetin: 15.61mg, Hesperetin: 15.61mg Naringenin: 8.43mg, Naringenin: 8.43mg, Naringenin: 8.43mg, Naringenin: 8.43mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg Kaempferol: 9.4mg, Kaempferol: 9.4mg, Kaempferol: 9.4mg, Kaempferol: 9.4mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 136.21kcal (6.81%), Fat: 7.04g (10.83%), Saturated Fat: 3.17g (19.84%), Carbohydrates: 15.37g (5.12%), Net Carbohydrates: 13.1g (4.76%), Sugar: 12.37g (13.74%), Cholesterol: 8.7mg (2.9%), Sodium: 223.01mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Vitamin C: 38.92mg (47.18%), Vitamin K: 31.77µg (30.26%), Vitamin A: 961.21IU (19.22%), Folate: 48.28µg (12.07%), Copper: 0.19mg (9.66%), Calcium: 94.42mg (9.44%), Fiber: 2.27g (9.1%), Manganese: 0.16mg (7.84%), Phosphorus: 73.87mg (7.39%), Vitamin B2: 0.13mg (7.36%), Potassium: 234.22mg (6.69%), Vitamin B6: 0.12mg (5.84%), Magnesium: 23.08mg (5.77%), Vitamin B1: 0.08mg (5.57%), Vitamin E: 0.82mg (5.46%), Iron: 0.88mg (4.88%), Vitamin B5: 0.43mg (4.25%), Zinc: 0.36mg (2.4%), Vitamin B3: 0.4mg (1.98%), Selenium: 0.97µg (1.39%)