



Arugula Salad with Pear, Blue Cheese and Apricot Vinaigrette



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



466 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 bunches arugula washed and dried, stems trimmed (look for 5 or 6 ounce sacks of washed and trimmed arugula leaves, available in some markets)
- ☐ 1 head bibb lettuce
- ☐ 0.5 juice of lemon juiced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 pears ripe thinly sliced
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.3 cup apricot all fruit spread (preferred brand Polaner)

- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 8 ounces maytag blue crumbled

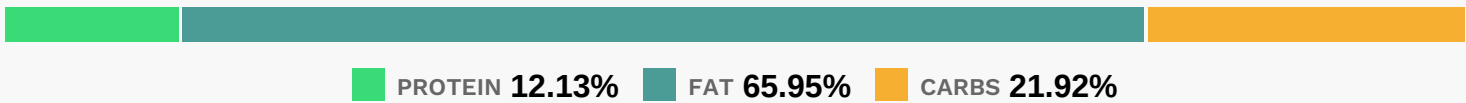
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine arugula leaves and bibb lettuce in a salad bowl. Squeeze a little lemon juice over pear slices to keep them from browning. Arrange them on top of lettuces. Top salad with blue cheese crumbles.
- ☐ Combine vinegar and apricot preserves. Stream in oil as you whisk dressing.
- ☐ Pour dressing over salad, season with salt and black pepper, to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:45.69, Glycemic Load:10.64, Inflammation Score:-9, Nutrition Score:20.024347890978%

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: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg Kaempferol: 19.72mg, Kaempferol: 19.72mg, Kaempferol: 19.72mg, Kaempferol: 19.72mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 465.63kcal (23.28%), Fat: 34.82g (53.58%), Saturated Fat: 13.16g (82.26%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 23.04g (8.38%), Sugar: 16.56g (18.41%), Cholesterol: 42.52mg (14.17%), Sodium: 677.59mg (29.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.41g (28.81%), Vitamin K: 117.59µg (111.99%), Vitamin A: 3134.9IU (62.7%), Calcium: 413.59mg (41.36%), Folate: 111.18µg (27.8%), Phosphorus: 272.69mg (27.27%), Vitamin E: 3.14mg (20.9%), Vitamin B2: 0.32mg (18.76%), Vitamin C: 15.26mg (18.49%), Manganese: 0.31mg (15.3%), Potassium: 526.9mg (15.05%), Vitamin B5: 1.32mg (13.21%), Selenium: 9.11µg (13.02%), Zinc: 1.92mg (12.79%), Magnesium: 49.55mg (12.39%), Fiber: 3g (12.01%), Vitamin B12: 0.69µg (11.53%), Iron: 1.84mg (10.21%), Vitamin B6: 0.19mg (9.4%), Copper: 0.13mg (6.63%), Vitamin B1: 0.07mg (4.95%), Vitamin B3: 0.98mg (4.9%), Vitamin D: 0.28µg (1.89%)