



 **23%**
HEALTH SCORE

Arugula Salad With Pomegranate, Avocado and Goat Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



374 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado sliced
- 2 large handfuls baby arugula
- 0.5 Tb balsamic vinegar fresh to taste
- 3 Tb cilantro leaves chopped
- 0.3 cup goat cheese
- 2 Tb olive oil
- 1 teaspoon pomegranate molasses

- 2 pomegranate seeds
- 2 servings pepper black freshly ground

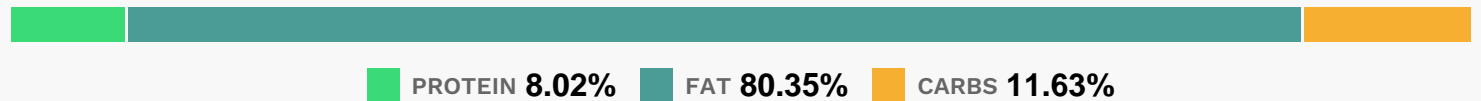
Equipment

- bowl

Directions

- Toss the salad ingredients in a medium bowl. In a smaller bowl, mix the dressing ingredients and pour over the salad.
- Sprinkle with coarse salt and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:126.5, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:14.679130434783%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 374.14kcal (18.71%), Fat: 34.91g (53.7%), Saturated Fat: 8.23g (51.43%), Carbohydrates: 11.37g (3.79%), Net Carbohydrates: 4.23g (1.54%), Sugar: 2.93g (3.25%), Cholesterol: 13.05mg (4.35%), Sodium: 118.38mg (5.15%), Protein: 7.84g (15.68%), Vitamin K: 54.03µg (51.46%), Fiber: 7.14g (28.54%), Vitamin E: 4.26mg (28.37%), Folate: 104.98µg (26.24%), Copper: 0.42mg (20.96%), Vitamin A: 955.48IU (19.11%), Vitamin B6: 0.35mg (17.29%), Vitamin B5: 1.68mg (16.85%), Potassium: 580.04mg (16.57%), Vitamin C: 13.31mg (16.14%), Vitamin B2: 0.26mg (15.14%), Phosphorus: 136.87mg (13.69%), Manganese: 0.26mg (12.85%), Magnesium: 44.01mg (11%), Vitamin B3: 1.94mg (9.71%), Calcium: 85.95mg (8.6%), Iron: 1.51mg (8.41%), Zinc: 1.01mg (6.73%), Vitamin B1: 0.1mg (6.48%), Selenium: 1.27µg (1.82%)