



Arugula Salad with Prosciutto and Pears

 Gluten Free

READY IN



9 min.

SERVINGS



4

CALORIES



340 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 ounce arugula
- ☐ 0.1 teaspoon pepper black
- ☐ 2 tablespoons olive oil
- ☐ 3 ounces parmesan cheese fresh shaved
- ☐ 2 pears red cored cut lengthwise into 1/4-inch-thick slices
- ☐ 2 ounces pancetta thin
- ☐ 0.3 teaspoon salt
- ☐ 4 tablespoons walnut halves toasted

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3 tablespoons citrus champagne vinegar

Equipment

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bowl

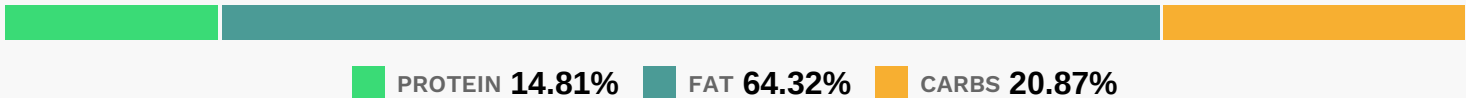
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whisk

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Combine vinegar and next 3 ingredients in a small bowl, stirring with a whisk.
- ☐ Drizzle over salad, and toss gently to coat.
- ☐ Serve with: French Bread with Herbed Goat Cheese
- ☐ Spread

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:4.76, Inflammation Score:-9, Nutrition Score:17.660869261493%

Flavonoids

Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg 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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg Kaempferol: 24.73mg, Kaempferol: 24.73mg, Kaempferol: 24.73mg, Kaempferol: 24.73mg Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg

Nutrients (% of daily need)

Calories: 340.48kcal (17.02%), Fat: 25.23g (38.82%), Saturated Fat: 7.03g (43.96%), Carbohydrates: 18.42g (6.14%), Net Carbohydrates: 13.84g (5.03%), Sugar: 10.56g (11.74%), Cholesterol: 23.81mg (7.94%), Sodium: 601.08mg (26.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.07g (26.14%), Vitamin K: 86.12µg (82.02%), Calcium: 384.77mg (38.48%), Vitamin A: 1877.73IU (37.55%), Manganese: 0.63mg (31.55%), Phosphorus: 251.1mg (25.11%),

Folate: 86.28µg (21.57%), Fiber: 4.58g (18.32%), Vitamin C: 14.64mg (17.75%), Magnesium: 66.96mg (16.74%),
Copper: 0.3mg (15.03%), Potassium: 461.81mg (13.19%), Selenium: 8.43µg (12.04%), Vitamin B2: 0.18mg (10.66%),
Vitamin E: 1.6mg (10.65%), Iron: 1.82mg (10.09%), Zinc: 1.49mg (9.92%), Vitamin B6: 0.19mg (9.42%), Vitamin B1:
0.12mg (8.23%), Vitamin B5: 0.59mg (5.86%), Vitamin B3: 1.1mg (5.5%), Vitamin B12: 0.33µg (5.43%), Vitamin D:
0.16µg (1.09%)