



Arugula Salad with Seared Shrimp and Roasted Red Bell Pepper Vinaigrette

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound arugula
- ☐ 0.5 tablespoon garlic minced
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan shaved
- ☐ 0.3 cup pecorino cheese shaved
- ☐ 1 tablespoon rice vinegar

- ☐ 6 tablespoons roasted bell peppers red minced
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.3 pound shrimp shelled deveined
- ☐ 2 tablespoons balsamic vinegar white

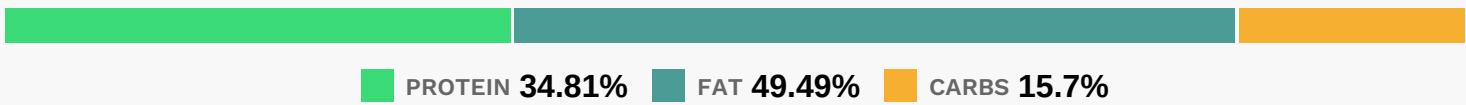
Equipment

- ☐ frying pan

Directions

- ☐ For dressing:Puree red bell pepper, add vinegars and garlic.
- ☐ Add olive oil.
- ☐ Add salt and pepper, to taste, but keep in mind that arugula is peppery, so light on the pepper.
- ☐ For Shrimp:Toss the shrimp with olive oil and minced garlic. Sear in a hot pan, until just cooked. Set aside.
- ☐ Place arugula on serving plate, drizzle with a little dressing, add shrimp, and top with pecorino romano and Parmesan.
- ☐ Drizzle with just a bit more dressing.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.33, Glycemic Load:0.88, Inflammation Score:-7, Nutrition Score:7.86130444606603%

Flavonoids

Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg Kaempferol: 13.19mg, Kaempferol: 13.19mg, Kaempferol: 13.19mg, Kaempferol: 13.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 88.05kcal (4.4%), Fat: 4.93g (7.58%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 3.52g (1.17%), Net Carbohydrates: 2.69g (0.98%), Sugar: 1.65g (1.83%), Cholesterol: 37.6mg (12.53%), Sodium: 353.38mg (15.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.6%), Vitamin K: 42.95µg (40.9%), Vitamin A: 1024.33IU (20.49%), Calcium: 176.03mg (17.6%), Vitamin C: 12.83mg (15.55%), Phosphorus: 126.32mg (12.63%), Folate: 39.66µg (9.91%), Manganese: 0.19mg (9.47%), Magnesium: 30.62mg (7.65%), Potassium: 229.43mg (6.56%), Copper: 0.13mg (6.5%), Iron: 0.91mg (5.07%), Zinc: 0.7mg (4.64%), Vitamin B2: 0.07mg (3.96%), Vitamin B6: 0.07mg (3.65%), Vitamin E: 0.52mg (3.46%), Fiber: 0.83g (3.31%), Selenium: 1.85µg (2.64%), Vitamin B5: 0.21mg (2.14%), Vitamin B1: 0.03mg (1.7%), Vitamin B12: 0.1µg (1.61%), Vitamin B3: 0.22mg (1.09%)