



Arugula Salad with Shallot Vinaigrette and Crostini

READY IN



20 min.

SERVINGS



4

CALORIES



552 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 slices baguette
- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 cup shallot oil
- ☐ 4 servings coarse salt and pepper black
- ☐ 1 pound arugula greens washed and trimmed of stems
- ☐ 2 tablespoons herbs such as thyme fresh dry chopped (herbs work too)
- ☐ 0.7 cup olive oil extra-virgin (4 glugs)
- ☐ 0.5 cup parmigiano-reggiano grated

- ☐ 1 small shallots minced
- ☐ 3 tablespoons red wine vinegar (3 1 tablespoones)

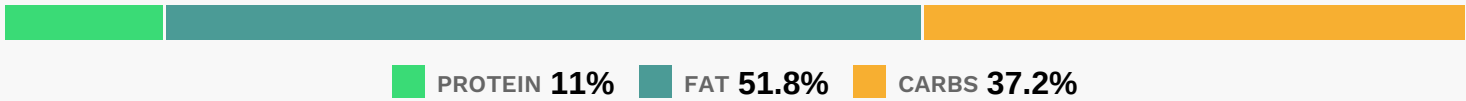
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ stove
- ☐ microwave

Directions

- ☐ Pour olive oil into a microwave safe dish.
- ☐ Add shallots to oil and place oil in microwave.
- ☐ Heat oil and shallots for 30 seconds on high.
- ☐ Remove from microwave and let stand 5 minutes. (Oil and shallots may be heated over low heat on the stovetop in a small pan for 2 to 3 minutes.
- ☐ Remove from heat and let stand until cool.) Reserve 1/3 of a cup of the shallot oil for the crostini.
- ☐ Pour oil and shallots in a bowl and whisk in 3 tablespoons red wine vinegar.
- ☐ Cut day old or frozen bread into rounds 1/4-inch thick. Char grill or broil toasts on each side. Dot toasts with your infused shallot oil. Top toasts with chopped herbs, black pepper and grated cheese. Broil toasts until cheese is golden brown, 45 seconds to 1 minute.
- ☐ Drizzle vinaigrette over salad and toss to coat. Season with salt and pepper, to your taste.
- ☐ Serve with crostini.

Nutrition Facts



Properties

Glycemic Index:57.69, Glycemic Load:32.07, Inflammation Score:-8, Nutrition Score:19.439565136381%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 551.56kcal (27.58%), Fat: 31.81g (48.94%), Saturated Fat: 4.96g (30.97%), Carbohydrates: 51.4g (17.13%), Net Carbohydrates: 49.14g (17.87%), Sugar: 5.1g (5.66%), Cholesterol: 8.5mg (2.83%), Sodium: 1018.66mg (44.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.2g (30.4%), Vitamin B1: 0.6mg (40.12%), Folate: 148.37µg (37.09%), Manganese: 0.66mg (33.14%), Vitamin C: 27.04mg (32.78%), Vitamin E: 4.62mg (30.81%), Vitamin A: 1439.37IU (28.79%), Selenium: 19.86µg (28.37%), Calcium: 268.93mg (26.89%), Vitamin B3: 5.04mg (25.19%), Iron: 4.34mg (24.1%), Vitamin B2: 0.41mg (24.03%), Vitamin K: 25.1µg (23.9%), Phosphorus: 227.54mg (22.75%), Magnesium: 45.51mg (11.38%), Vitamin B6: 0.23mg (11.27%), Potassium: 355.24mg (10.15%), Copper: 0.19mg (9.44%), Zinc: 1.38mg (9.19%), Fiber: 2.26g (9.03%), Vitamin B5: 0.58mg (5.77%), Vitamin B12: 0.15µg (2.5%)