



Arugula Salsa Verde

 Gluten Free

READY IN



5 min.

SERVINGS



12

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups arugula leaves finely chopped
- ☐ 1 tablespoon capers finely chopped
- ☐ 0.3 cup coarse breadcrumbs fresh
- ☐ 1 garlic clove finely chopped
- ☐ 1 small lemon zest finely grated
- ☐ 0.8 cup olive oil extra-virgin plus more
- ☐ 0.3 cup parmesan finely grated
- ☐ 2 plum tomatoes finely chopped

☐ 1 tablespoon red wine vinegar

Equipment

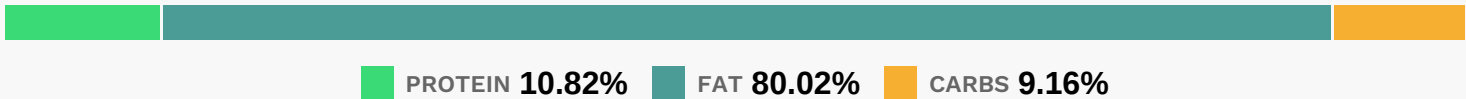
☐ bowl

☐ wooden spoon

Directions

- ☐ Mix tomatoes, lemon zest, garlic, arugula, breadcrumbs, capers, and vinegar in a small bowl. Using a wooden spoon, slowly mix in 3/4 cup oil, then Parmesan.
- ☐ Pour a little oil on surface to keep salsa from discoloring.

Nutrition Facts



Properties

Glycemic Index:10.58, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:1.6926087053574%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg 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: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 36.14kcal (1.81%), Fat: 3.3g (5.08%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 0.85g (0.28%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.42g (0.46%), Cholesterol: 1.42mg (0.47%), Sodium: 2411.71mg (104.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2.01%), Vitamin K: 8.1µg (7.71%), Vitamin A: 222.19IU (4.44%), Calcium: 36.65mg (3.67%), Vitamin C: 2.92mg (3.54%), Vitamin E: 0.48mg (3.19%), Phosphorus: 20.15mg (2.01%), Manganese: 0.04mg (1.98%), Folate: 6.77µg (1.69%), Potassium: 47.93mg (1.37%), Magnesium: 4.87mg (1.22%), Fiber: 0.28g (1.13%)