



## Arugula-Tomato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



70 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 6 ounces baby arugula
- 0.3 teaspoon pepper black
- 2 tablespoons champagne vinegar
- 0.5 teaspoon dijon mustard
- 1 pint grape tomatoes halved
- 1 tablespoon olive oil extra-virgin
- 0.3 cup onion red vertically sliced
- 0.1 teaspoon salt

# Equipment

bowl

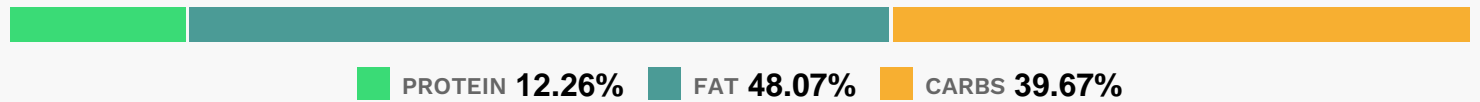
whisk

# Directions

Combine vinegar, olive oil, Dijon mustard, pepper, and salt in a medium bowl; stir with a whisk.

Add arugula, tomatoes, and onion; toss to coat.

# Nutrition Facts



# Properties

Glycemic Index:40.25, Glycemic Load:1.78, Inflammation Score:-9, Nutrition Score:10.733913040679%

# Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.5mg, Isorhamnetin: 2.5mg, Isorhamnetin: 2.5mg, Isorhamnetin: 2.5mg Kaempferol: 15.03mg, Kaempferol: 15.03mg, Kaempferol: 15.03mg, Kaempferol: 15.03mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

# Nutrients (% of daily need)

Calories: 70.32kcal (3.52%), Fat: 4.06g (6.24%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 7.53g (2.51%), Net Carbohydrates: 5.15g (1.87%), Sugar: 4.56g (5.06%), Cholesterol: 0mg (0%), Sodium: 98.17mg (4.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.65%), Vitamin K: 58.07µg (55.31%), Vitamin A: 1995.88IU (39.92%), Vitamin C: 23.61mg (28.62%), Manganese: 0.31mg (15.54%), Folate: 61.59µg (15.4%), Potassium: 462.31mg (13.21%), Fiber: 2.39g (9.54%), Vitamin E: 1.33mg (8.88%), Magnesium: 35.15mg (8.79%), Calcium: 84.41mg (8.44%), Vitamin B6: 0.14mg (7.12%), Iron: 1.04mg (5.8%), Phosphorus: 55.84mg (5.58%), Copper: 0.11mg (5.51%), Vitamin B1: 0.07mg (4.66%), Vitamin B3: 0.85mg (4.26%), Vitamin B2: 0.06mg (3.72%), Vitamin B5: 0.31mg (3.11%), Zinc: 0.43mg (2.88%)