



## Arugula with Parmesan

 Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



118 kcal

SIDE DISH

### Ingredients

- 0.5 pound arugula fresh (3 large bunches)
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon kosher salt
- 0.3 cup juice of lemon freshly squeezed (2 lemons)
- 0.5 cup olive oil good
- 0.3 pound very parmesan good chunk

### Equipment

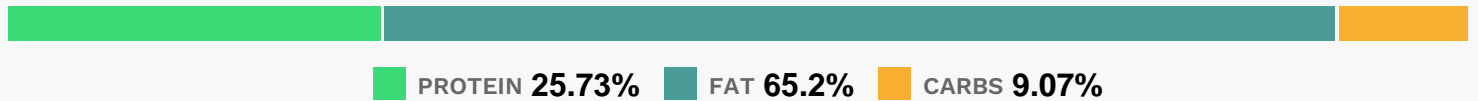
- bowl

- knife
- whisk
- peeler

## Directions

- If the arugula has roots attached, cut them off. Fill the sink with cold water and toss the arugula for a few minutes to clean. Spin-dry the leaves and place them in a large bowl.
- In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper.
- Pour enough dressing on the arugula to moisten. Toss well and place the salad on individual plates.
- With a very sharp knife or a vegetable peeler, shave the Parmesan into large shards and arrange them on the arugula.

## Nutrition Facts



## Properties

Glycemic Index:15.17, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:8.2100001469902%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg Kaempferol: 13.19mg, Kaempferol: 13.19mg, Kaempferol: 13.19mg, Kaempferol: 13.19mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

## Nutrients (% of daily need)

Calories: 117.81kcal (5.89%), Fat: 8.76g (13.47%), Saturated Fat: 3.64g (22.72%), Carbohydrates: 2.74g (0.91%), Net Carbohydrates: 2.09g (0.76%), Sugar: 1.18g (1.31%), Cholesterol: 12.85mg (4.28%), Sodium: 506.96mg (22.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.55%), Vitamin K: 43.83µg (41.74%), Calcium: 285.39mg (28.54%), Vitamin A: 1045.65IU (20.91%), Phosphorus: 151.76mg (15.18%), Vitamin C: 9.6mg (11.64%), Folate: 40.04µg (10.01%), Manganese: 0.14mg (6.87%), Magnesium: 26.84mg (6.71%), Selenium: 4.38µg (6.26%), Vitamin B2: 0.1mg (5.7%), Vitamin E: 0.74mg (4.92%), Potassium: 168.52mg (4.81%), Zinc: 0.7mg (4.69%), Iron: 0.74mg (4.14%), Vitamin B12: 0.23µg (3.78%), Vitamin B5: 0.27mg (2.65%), Fiber: 0.66g (2.63%), Vitamin B6: 0.05mg (2.49%), Copper: 0.04mg (1.88%), Vitamin B1: 0.03mg (1.77%)