



Arugula with Sun-Dried Tomatoes

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon apple juice unsweetened
- ☐ 4 cups torn arugula
- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup dressing fat-free french
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.1 teaspoon pepper
- ☐ 8 sun-dried tomatoes packed (without oil)

☐ 0.5 cup water hot

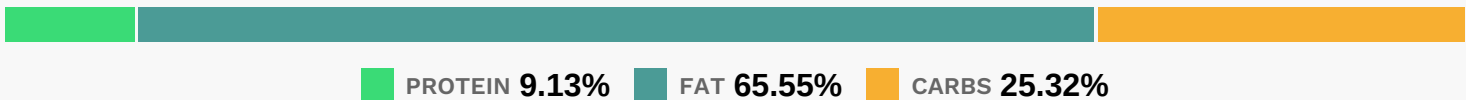
Equipment

☐ bowl

Directions

- ☐ Combine tomatoes and hot water in a small bowl; let stand 10 minutes.
- ☐ Drain and cut tomatoes into quarters.
- ☐ Combine dressing and next 4 ingredients in a small bowl, stirring well.
- ☐ Combine tomato and arugula in a bowl, tossing lightly.
- ☐ Drizzle dressing mixture over arugula mixture.
- ☐ Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:2.6969565107771%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 54.04kcal (2.7%), Fat: 4.08g (6.27%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 2.99g (1.09%), Sugar: 2.61g (2.9%), Cholesterol: 2.17mg (0.73%), Sodium: 109.23mg (4.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Vitamin K: 19.58µg (18.65%), Vitamin A: 264.62IU (5.29%), Calcium: 40.24mg (4.02%), Manganese: 0.07mg (3.38%), Vitamin E: 0.47mg (3.11%), Potassium: 102.39mg (2.93%), Phosphorus: 28.78mg (2.88%), Folate: 9.04µg (2.26%), Magnesium: 8.99mg (2.25%), Vitamin C: 1.84mg (2.23%), Fiber: 0.56g (2.22%), Iron: 0.32mg (1.8%), Copper: 0.03mg (1.73%), Vitamin B2: 0.03mg (1.72%), Selenium: 1.16µg (1.66%), Zinc: 0.19mg (1.29%), Vitamin B1: 0.02mg (1.14%)