



Bresaola Carpaccio with Gribiche Vinaigrette

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 7 cups baby arugula packed
- ☐ 0.3 teaspoon pepper black to taste
- ☐ 2 tablespoons capers in brine rinsed drained chopped ()
- ☐ 2 tablespoons pickled cucumbers / gherkins sweet minced (not)
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 large hardboiled eggs quartered
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil extra virgin extra-virgin

- ☐ 2 tablespoons parmesan finely grated
- ☐ 0.5 cup radishes minced (4)
- ☐ 0.5 teaspoon salt to taste

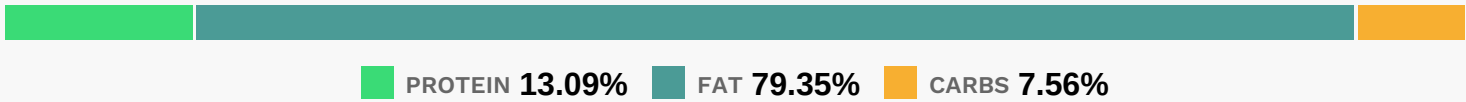
Equipment

- ☐ bowl
- ☐ whisk
- ☐ sieve

Directions

- ☐ Force eggs through a medium-mesh sieve into a small bowl using back of a spoon.
- ☐ Add radishes, capers, cornichons, and chives to eggs, then gently toss to combine.
- ☐ Whisk together lemon juice, salt, and pepper in a large bowl, then add oil in a slow stream, whisking until emulsified.
- ☐ Arrange slices of bresaola, overlapping slightly, to cover 4 large plates.
- ☐ Drizzle all but 1/2 tablespoon vinaigrette over meat, then sprinkle generously with egg mixture.
- ☐ Add arugula and cheese to remaining vinaigrette in bowl and toss to coat lightly. Mound salad in center of each plate.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:9.2030435230421%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg Kaempferol: 17.74mg, Kaempferol: 17.74mg, Kaempferol: 17.74mg, Kaempferol: 17.74mg Quercetin: 9.77mg,

Quercetin: 9.77mg, Quercetin: 9.77mg, Quercetin: 9.77mg

Nutrients (% of daily need)

Calories: 156.17kcal (7.81%), Fat: 14.12g (21.73%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 1.93g (0.7%), Sugar: 1.55g (1.72%), Cholesterol: 94.95mg (31.65%), Sodium: 577.25mg (25.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.48%), Vitamin K: 52.64µg (50.13%), Vitamin A: 1067.05IU (21.34%), Vitamin E: 1.98mg (13.2%), Folate: 52.47µg (13.12%), Vitamin C: 10.69mg (12.96%), Selenium: 8.53µg (12.18%), Vitamin B2: 0.18mg (10.67%), Calcium: 105.88mg (10.59%), Phosphorus: 84.4mg (8.44%), Manganese: 0.16mg (7.81%), Magnesium: 24.3mg (6.08%), Potassium: 212.1mg (6.06%), Iron: 1.08mg (5.98%), Vitamin B5: 0.56mg (5.56%), Vitamin B12: 0.31µg (5.13%), Fiber: 1.09g (4.38%), Zinc: 0.56mg (3.76%), Vitamin D: 0.56µg (3.75%), Vitamin B6: 0.08mg (3.75%), Copper: 0.06mg (3.21%), Vitamin B1: 0.04mg (2.53%), Vitamin B3: 0.21mg (1.04%)