



Bresaola Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



446 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings aged balsamic vinegar for drizzling look for 6 plus years of age, widely available in many markets
- ☐ 1 can artichoke hearts in water drained
- ☐ 8 cups arugula
- ☐ 0.5 cup caper drained
- ☐ 4 servings coarse salt
- ☐ 1 pound bresaola available at deli counter cured beef, like prosciutto
- ☐ 1 handful flat-leaf parsley
- ☐ 1 juice of lemon juiced

- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 1 small parmigiano chunk
- ☐ 4 sprigs rosemary

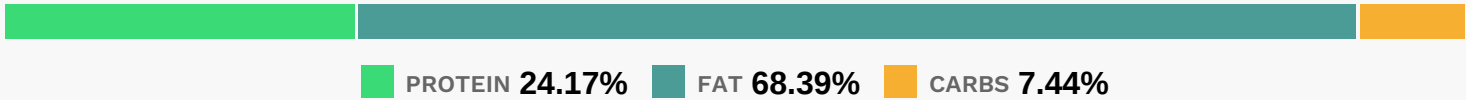
Equipment

- ☐ bowl
- ☐ peeler

Directions

- ☐ Place arugula in a bowl and dress with lemon juice, extra-virgin olive oil and salt. Divide the arugula among dinner plates or place on a serving platter and mound the greens up. Use a vegetable peeler to shred some cheese on top of the arugula. Arrange the meat in a thin layer all around the plate, draping it over the arugula. The plates or platter should look like a mound of beef. Thinly slice the artichokes, finely chop rosemary and parsley and slice the caper berries. Decoratively arrange the artichokes, chopped herbs and capers all over the meat.
- ☐ Drizzle the completed salad with aged balsamic vinegar and serve.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:1.65, Inflammation Score:-8, Nutrition Score:19.124347748964%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 42.7mg, Kaempferol: 42.7mg, Kaempferol: 42.7mg, Kaempferol: 42.7mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 40.94mg, Quercetin: 40.94mg, Quercetin: 40.94mg, Quercetin: 40.94mg

Nutrients (% of daily need)

Calories: 445.6kcal (22.28%), Fat: 33.57g (51.65%), Saturated Fat: 8.85g (55.32%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 5.86g (2.13%), Sugar: 3.96g (4.4%), Cholesterol: 70.48mg (23.49%), Sodium: 2386.53mg

(103.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.7g (53.4%), Vitamin K: 73.81µg (70.3%), Vitamin B1: 0.71mg (47.09%), Selenium: 26.19µg (37.42%), Phosphorus: 271.68mg (27.17%), Vitamin B3: 5.34mg (26.72%), Vitamin B6: 0.47mg (23.57%), Vitamin A: 1069.16IU (21.38%), Zinc: 2.93mg (19.51%), Vitamin B2: 0.32mg (18.75%), Vitamin E: 2.81mg (18.72%), Potassium: 513.22mg (14.66%), Vitamin C: 11.23mg (13.62%), Magnesium: 50.77mg (12.69%), Folate: 50.58µg (12.64%), Iron: 2.23mg (12.39%), Vitamin B12: 0.73µg (12.15%), Copper: 0.21mg (10.7%), Fiber: 2.36g (9.45%), Manganese: 0.19mg (9.36%), Calcium: 91.34mg (9.13%), Vitamin B5: 0.71mg (7.14%), Vitamin D: 0.8µg (5.3%)