



Brie, Lettuce and Tomato Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons olive oil extra virgin extra-virgin
- 1 tablespoon red wine vinegar
- 1 tablespoon shallots finely chopped
- 1 teaspoon dijon mustard
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 5 oz the salad mixed packed
- 2 medium tomatoes sliced

3 oz round of président brie cut into bite-size strips

Equipment

bowl

whisk

Directions

In small bowl, mix dressing ingredients with wire whisk.

In large bowl, toss arugula with half of the dressing. Arrange sliced tomatoes on medium platter.

Place arugula and brie around tomatoes; drizzle with remaining dressing.

Serve immediately.

Nutrition Facts

 **PROTEIN 11.77%** **FAT 79.3%** **CARBS 8.93%**

Properties

Glycemic Index:39.75, Glycemic Load:0.78, Inflammation Score:-7, Nutrition Score:6.8573913444643%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 184.16kcal (9.21%), Fat: 16.59g (25.52%), Saturated Fat: 5.17g (32.34%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 3.3g (1.2%), Sugar: 1.93g (2.14%), Cholesterol: 21.26mg (7.09%), Sodium: 305.95mg (13.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.07%), Vitamin A: 1042.4IU (20.85%), Vitamin C: 16.87mg (20.45%), Vitamin E: 1.9mg (12.68%), Vitamin K: 11.91µg (11.34%), Folate: 37.12µg (9.28%), Vitamin B2: 0.14mg (8.32%), Manganese: 0.16mg (8%), Potassium: 252.51mg (7.21%), Phosphorus: 71.9mg (7.19%), Vitamin B6: 0.14mg (6.87%), Vitamin B12: 0.35µg (5.85%), Selenium: 3.69µg (5.27%), Calcium: 52.57mg (5.26%), Zinc: 0.71mg (4.71%), Magnesium: 16.41mg (4.1%), Fiber: 0.9g (3.61%), Iron: 0.63mg (3.53%), Vitamin B1: 0.05mg (3.48%), Vitamin B3: 0.65mg (3.27%), Copper: 0.06mg (3.17%), Vitamin B5: 0.26mg (2.57%)