



WHATSheATE



Chickpea, Red Pepper, and Arugula Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups arugula
- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup chickpeas unsalted canned rinsed drained
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 7 olives italian pitted halved (such as cerignola)
- ☐ 0.3 cup bottled roasted bell peppers red drained cut into strips

- ☐ 0.1 teaspoon salt

Equipment

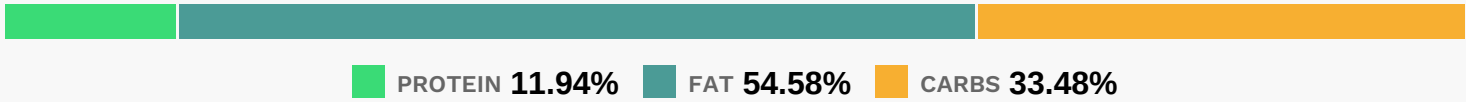
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ broiler

Directions

- ☐ Combine olive oil, balsamic vinegar, mustard, pepper, and salt in a medium bowl, stirring with a whisk.
- ☐ Add arugula, chickpeas, and bell peppers; toss to coat.
- ☐ Sprinkle with olives.
- ☐ Place 1 tablespoon extra-virgin olive oil, 1 tablespoon balsamic vinegar, and 1/2 teaspoon Dijon mustard in a medium bowl, stirring with a whisk until well combined.
- ☐ Add 4 cups arugula to oil mixture; toss to coat greens. Top arugula mixture with 1 cup thinly sliced peeled cantaloupe and 2 ounces thinly sliced prosciutto.
- ☐ Serves 4 (serving size: about 1 cup) CALORIES 78; FAT 9g (sat 9g); SODIUM 241mg
- ☐ Bread Salad: Preheat broiler.
- ☐ Combine 2 tablespoons extra-virgin olive oil, 1 tablespoon balsamic vinegar, 1/2 teaspoon Dijon, and 1/4 teaspoon pepper in a bowl; stir with a whisk.
- ☐ Place 2 cups (1/2-inch) cubed Italian bread on a jelly-roll pan. Broil 2 minutes or until toasted; stir after 1 minute.
- ☐ Add bread to bowl; toss.
- ☐ Add 2 cups arugula and 1 1/2 cups quartered cherry tomatoes; toss.
- ☐ Serves 4 (serving size: 1 cup) CALORIES 159; FAT 8g (sat 2g); SODIUM 261mg
- ☐ Combine 2 tablespoons extra-virgin olive oil, 1/2 teaspoon grated lemon rind, 2 teaspoons fresh lemon juice, 1/8 teaspoon freshly ground black pepper, 2 chopped canned anchovy fillets, and 1 minced garlic clove in a medium bowl, stirring with a whisk.
- ☐ Add 4 cups arugula; toss to coat.

- ☐
- Sprinkle with 2 tablespoons shaved fresh Parmesan cheese.
- ☐
- Serves 4 (serving size: about 1 cup) CALORIES 82; FAT 8g (sat 4g); SODIUM 117mg

Nutrition Facts



Properties

Glycemic Index:46.58, Glycemic Load:1.99, Inflammation Score:-5, Nutrition Score:6.152173905269%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 87.96kcal (4.4%), Fat: 5.55g (8.54%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 5.15g (1.87%), Sugar: 1.06g (1.17%), Cholesterol: 0mg (0%), Sodium: 428.93mg (18.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.47%), Vitamin K: 24.22µg (23.07%), Manganese: 0.44mg (21.88%), Vitamin B6: 0.23mg (11.35%), Vitamin A: 554.89IU (11.1%), Fiber: 2.52g (10.07%), Vitamin C: 7.11mg (8.62%), Folate: 31.33µg (7.83%), Magnesium: 23.2mg (5.8%), Vitamin E: 0.86mg (5.73%), Calcium: 55.69mg (5.57%), Iron: 0.97mg (5.4%), Copper: 0.1mg (5.05%), Phosphorus: 46.86mg (4.69%), Potassium: 155.68mg (4.45%), Zinc: 0.4mg (2.7%), Vitamin B5: 0.22mg (2.19%), Vitamin B1: 0.03mg (1.79%), Selenium: 1.19µg (1.7%), Vitamin B2: 0.03mg (1.59%)