

Crouton Salad

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



630 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups arugula packed
- 8 ounces rosemary bread cut into 1/2-inch cubes* see cook's note
- 0.3 cup citrus-herb sauce
- 2 servings olive oil for drizzling
- 0.3 cup pinenuts toasted
- 2 servings salt and pepper black freshly ground

Equipment

- bowl

baking sheet

oven

Directions

Preheat the oven to 350 degrees F.

Place the bread on a baking sheet, drizzle with olive oil and bake for 12 to 15 minutes until toasted. Set aside to cool.

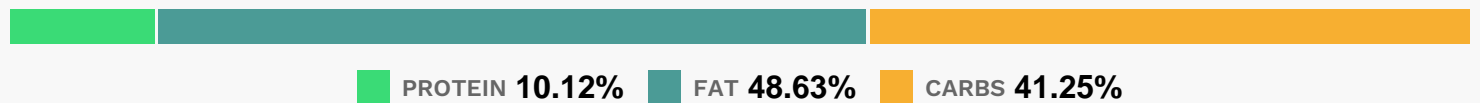
In a medium salad bowl, mix together the cooled croutons, arugula, and pine nuts.

Add the Citrus-Herb Sauce. Toss well until all ingredients are coated. Season with salt and pepper, to taste.

Serve immediately.

*Cook's Note: You can also use olive bread or any plain rustic loaf in place of the rosemary bread.

Nutrition Facts



Properties

Glycemic Index:61.33, Glycemic Load:29.15, Inflammation Score:-8, Nutrition Score:25.679564890654%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 629.73kcal (31.49%), Fat: 34.76g (53.47%), Saturated Fat: 3.85g (24.08%), Carbohydrates: 66.34g (22.11%), Net Carbohydrates: 60.47g (21.99%), Sugar: 14.75g (16.39%), Cholesterol: 0mg (0%), Sodium: 900.1mg (39.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.27g (32.53%), Manganese: 3.44mg (172.06%), Vitamin K: 58.98µg (56.17%), Selenium: 32.91µg (47.02%), Vitamin B1: 0.56mg (37.42%), Vitamin B3: 7.42mg (37.1%), Folate: 133.16µg (33.29%), Iron: 5.85mg (32.51%), Vitamin E: 4.46mg (29.74%), Magnesium: 117.24mg (29.31%), Phosphorus: 291.42mg (29.14%), Copper: 0.49mg (24.45%), Fiber: 5.87g (23.49%), Vitamin B2: 0.36mg (21.34%), Calcium: 193.93mg (19.39%), Zinc: 2.77mg (18.49%), Vitamin A: 721.24IU (14.42%), Potassium: 406.39mg (11.61%), Vitamin B5: 1.13mg (11.33%), Vitamin B6: 0.17mg (8.46%), Vitamin C: 4.91mg (5.95%)