



Crunchy Salad with Cocoa Vinaigrette

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



478 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup roasted almonds chopped
- 4 cups baby arugula
- 0.3 cup balsamic vinegar
- 2 stalks celery thinly sliced
- 1 teaspoon dijon mustard
- 1 cucumber english chopped
- 0.3 cup olive oil extra-virgin
- 4 servings parmesan shaved for garnish

1 teaspoon cocoa powder unsweetened

Equipment

bowl

whisk

Directions

Mix together the arugula, almonds, celery and cucumber. Set aside while you make the dressing.

Whisk together the mustard, cocoa powder, balsamic and olive oil.

Drizzle the salad with enough dressing to coat. Toss well together.

Serve in individual bowls and garnish with shaved Parmesan.

Nutrition Facts


 **PROTEIN 15.83%**  **FAT 71.54%**  **CARBS 12.63%**

Properties

Glycemic Index:45.75, Glycemic Load:2.17, Inflammation Score:-8, Nutrition Score:22.011739046677%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.8mg, Isorhamnetin: 1.8mg, Isorhamnetin: 1.8mg, Isorhamnetin: 1.8mg Kaempferol: 7.26mg, Kaempferol: 7.26mg, Kaempferol: 7.26mg, Kaempferol: 7.26mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 478.34kcal (23.92%), Fat: 39.41g (60.64%), Saturated Fat: 8.22g (51.38%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 10.03g (3.65%), Sugar: 6.13g (6.81%), Cholesterol: 20.4mg (6.8%), Sodium: 521.6mg (22.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.63g (39.25%), Vitamin E: 11.33mg (75.53%), Calcium: 508.91mg (50.89%), Manganese: 1mg (50.13%), Vitamin K: 48.62µg (46.31%), Phosphorus: 419.57mg (41.96%),

Magnesium: 134.84mg (33.71%), Vitamin B2: 0.56mg (33.05%), Fiber: 5.63g (22.52%), Copper: 0.45mg (22.27%),
Vitamin A: 878.7IU (17.57%), Potassium: 549.36mg (15.7%), Zinc: 2.25mg (14.99%), Iron: 2.36mg (13.11%), Selenium:
9.04µg (12.92%), Folate: 49.85µg (12.46%), Vitamin B1: 0.12mg (8.05%), Vitamin B3: 1.59mg (7.93%), Vitamin C:
5.72mg (6.94%), Vitamin B6: 0.14mg (6.84%), Vitamin B5: 0.64mg (6.39%), Vitamin B12: 0.36µg (6%)