



HEALTH SCORE

51%

Delicious Summer Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



196 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups lightly arugula packed
- ☐ 0.5 pound asparagus fresh trimmed cut into 2 inches pieces
- ☐ 0.3 cup balsamic vinegar
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup pinenuts toasted
- ☐ 6 radishes thinly sliced

- ☐ 4 cups leaf lettuce mixed green red washed and dried packed
- ☐ 6 servings salt and pepper
- ☐ 6 servings dressing
- ☐ 2 cups tomatoes fresh chopped
- ☐ 0.5 tablespoon grain dijon mustard whole

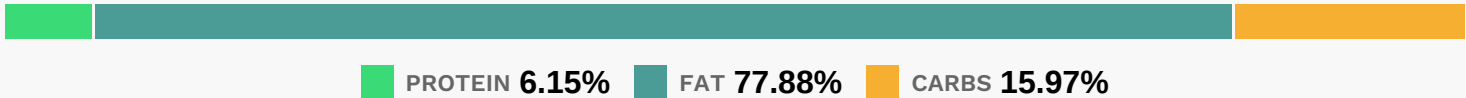
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Fill a medium pot with water and bring it to a boil.
- ☐ Place the asparagus and blanch 1 minute. Rinsed with cold water and set aside.In a large bowl combine the arugula, mixed greens, tomatoes, radishes, pine nuts and asparagus.In a small bowl, whisk together the mustard, vinegar, lemon juice, salt and pepper. Slowly drizzle the olive oil whisking constantly, add the fresh parsley, adjust the seasoning to taste and serve.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:1.76, Inflammation Score:-9, Nutrition Score:15.672173822218%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.73mg, Isorhamnetin: 2.73mg, Isorhamnetin: 2.73mg, Isorhamnetin: 2.73mg Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

Nutrients (% of daily need)

Calories: 196.36kcal (9.82%), Fat: 17.81g (27.4%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 5.85g (2.13%), Sugar: 4.78g (5.31%), Cholesterol: 0.41mg (0.14%), Sodium: 234.79mg (10.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.33%), Vitamin K: 98.29µg (93.61%), Vitamin A: 2909.68IU (58.19%), Manganese: 0.91mg (45.27%), Vitamin E: 3.29mg (21.91%), Vitamin C: 17.5mg (21.21%), Folate: 55.86µg (13.97%), Copper: 0.23mg (11.28%), Iron: 2.03mg (11.26%), Potassium: 370.74mg (10.59%), Magnesium: 42.24mg (10.56%), Fiber: 2.37g (9.48%), Phosphorus: 94.36mg (9.44%), Vitamin B1: 0.13mg (8.53%), Vitamin B2: 0.12mg (6.79%), Zinc: 0.92mg (6.16%), Vitamin B6: 0.12mg (5.99%), Vitamin B3: 1.16mg (5.82%), Calcium: 52.34mg (5.23%), Vitamin B5: 0.29mg (2.85%), Selenium: 1.61µg (2.3%)