



HEALTH SCORE

52%

Escarole-Arugula Salad with Roasted Peppers and Marinated Onions



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



64 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups baby arugula leaves
- ☐ 3 tablespoons balsamic vinegar divided
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 cups endive chopped
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 2 teaspoons honey divided

- ☐ 1 bell pepper red
- ☐ 1 cup onion red vertically sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon whole-grain dijon mustard
- ☐ 1 bell pepper yellow

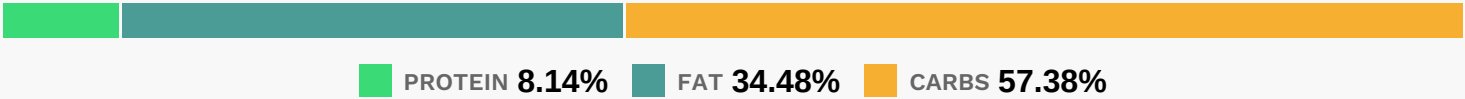
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 10 minutes. Peel and cut bell peppers into thin strips.
- ☐ Combine 1 tablespoon balsamic vinegar and 1 teaspoon honey in a medium bowl, stirring with a whisk.
- ☐ Add onion and thyme; toss well to coat.
- ☐ Let stand for 15 minutes.
- ☐ Combine remaining 2 tablespoons vinegar, remaining 1 teaspoon honey, Dijon mustard, salt, and pepper in a small bowl. Gradually add olive oil, stirring with a whisk.
- ☐ Combine escarole, arugula, bell pepper strips, and onion mixture in a large bowl.
- ☐ Drizzle vinegar mixture over escarole mixture, and toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:57.88, Glycemic Load:2.59, Inflammation Score:-9, Nutrition Score:12.881739134374%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg Kaempferol: 5.87mg, Kaempferol: 5.87mg, Kaempferol: 5.87mg, Kaempferol: 5.87mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

Nutrients (% of daily need)

Calories: 64.33kcal (3.22%), Fat: 2.61g (4.01%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 7.47g (2.72%), Sugar: 5.31g (5.9%), Cholesterol: 0mg (0%), Sodium: 216.37mg (9.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.77%), Vitamin K: 86.9µg (82.76%), Vitamin C: 67.47mg (81.78%), Vitamin A: 1558.6IU (31.17%), Folate: 73.42µg (18.35%), Manganese: 0.27mg (13.69%), Fiber: 2.3g (9.19%), Potassium: 266.72mg (7.62%), Vitamin B6: 0.14mg (6.86%), Vitamin E: 0.83mg (5.56%), Vitamin B5: 0.46mg (4.65%), Magnesium: 17.65mg (4.41%), Iron: 0.77mg (4.27%), Calcium: 42.39mg (4.24%), Vitamin B1: 0.06mg (4%), Copper: 0.08mg (3.99%), Vitamin B2: 0.06mg (3.7%), Phosphorus: 33.45mg (3.34%), Zinc: 0.45mg (2.98%), Vitamin B3: 0.57mg (2.85%)