

Fall Green Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



36 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups arugula trimmed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon cornstarch
- ☐ 4 cups curly leaf lettuce
- ☐ 1 tablespoon honey
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 ounce parmesan fresh grated
- ☐ 0.5 cup onion red thinly sliced

- ☐ 4 cups the of 1 cos lettuce
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water
- ☐ 0.5 teaspoon citrus champagne vinegar

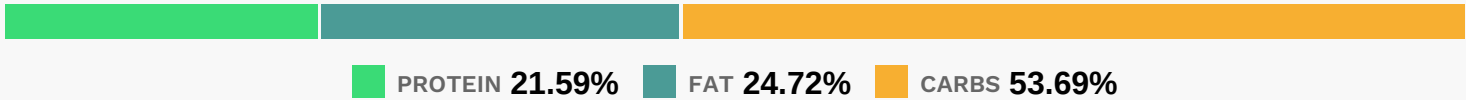
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ To prepare the vinaigrette, combine water, juice, and cornstarch in a small saucepan, stirring with a whisk. Bring to a boil over medium-high heat; cook 1 minute, stirring frequently.
- ☐ Remove from heat. Stir in honey, vinegar, salt, and pepper.
- ☐ Place in a blender or food processor.
- ☐ Add cheese, and process until well blended. Cool to room temperature.
- ☐ To prepare salad, combine lettuces and onion in a large bowl.
- ☐ Drizzle with vinaigrette, tossing gently to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.28, Glycemic Load:1.42, Inflammation Score:-9, Nutrition Score:8.4686958631096%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 36.37kcal (1.82%), Fat: 1.09g (1.67%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.26g (1.55%), Sugar: 3.32g (3.69%), Cholesterol: 2.41mg (0.8%), Sodium: 139.37mg (6.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin A: 3586.28IU (71.73%), Vitamin K: 55.15µg (52.52%), Folate: 49.41µg (12.35%), Vitamin C: 6.65mg (8.06%), Calcium: 71.55mg (7.16%), Manganese: 0.13mg (6.51%), Phosphorus: 44.36mg (4.44%), Fiber: 1.06g (4.23%), Potassium: 146.63mg (4.19%), Iron: 0.57mg (3.15%), Vitamin B2: 0.05mg (3.12%), Magnesium: 12.3mg (3.08%), Vitamin B6: 0.06mg (2.88%), Vitamin B1: 0.04mg (2.68%), Zinc: 0.25mg (1.64%), Selenium: 1.11µg (1.58%), Copper: 0.03mg (1.56%), Vitamin B5: 0.13mg (1.29%)