




 **41%**
HEALTH SCORE

Fig, Apple, and Arugula Salad


 **Gluten Free**  **Dairy Free**

READY IN




45 min.

SERVINGS



1

CALORIES



454 kcal

SIDE DISH **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 3 cups lettuce
- 3 figs
- 0.5 apples
- 1 cup bell pepper green red
- 1 serving the dressing
- 1 tablespoon olive oil
- 2 tablespoons maple syrup
- 1 teaspoon rosemary leaves fresh finely chopped

1 teaspoon sumac powder

Equipment

bowl

Directions

Chop the veggies and fruits into bite sized morsels.

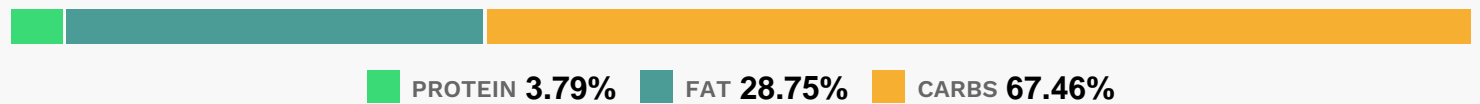
Combine in a bowl.

Make a salad dressing with the dressing ingredients.

Pour over the salad when you want to eat the salad.

Pix at <http://rawgirlinmumbai.blogspot.com/2011/01/fig-apple-and-roquette-salad.html>

Nutrition Facts



Properties

Glycemic Index:171.5, Glycemic Load:29.73, Inflammation Score:-9, Nutrition Score:26.33%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.57mg, Catechin: 3.57mg, Catechin: 3.57mg, Catechin: 3.57mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.6mg, Epicatechin: 7.6mg, Epicatechin: 7.6mg, Epicatechin: 7.6mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 7.21mg, Luteolin: 7.21mg, Luteolin: 7.21mg, Luteolin: 7.21mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 18.21mg, Quercetin: 18.21mg, Quercetin: 18.21mg, Quercetin: 18.21mg

Nutrients (% of daily need)

Calories: 454.29kcal (22.71%), Fat: 15.51g (23.86%), Saturated Fat: 2.23g (13.93%), Carbohydrates: 81.88g (27.29%), Net Carbohydrates: 70.21g (25.53%), Sugar: 65.93g (73.25%), Cholesterol: 0.41mg (0.14%), Sodium: 40.89mg

(1.78%), Protein: 4.6g (9.2%), Vitamin C: 133.06mg (161.28%), Manganese: 1.6mg (79.88%), Vitamin K: 81.22µg (77.36%), Fiber: 11.67g (46.69%), Vitamin B2: 0.7mg (41.36%), Vitamin A: 1901.31IU (38.03%), Vitamin B6: 0.63mg (31.58%), Potassium: 1101.84mg (31.48%), Folate: 89.42µg (22.35%), Vitamin E: 3.32mg (22.1%), Vitamin B1: 0.31mg (20.38%), Magnesium: 68.59mg (17.15%), Calcium: 155.89mg (15.59%), Copper: 0.28mg (14.12%), Iron: 2.19mg (12.16%), Phosphorus: 104.5mg (10.45%), Vitamin B5: 0.85mg (8.52%), Vitamin B3: 1.7mg (8.49%), Zinc: 1.06mg (7.08%)