



Fig, Speck & Arugula Salad with Goat Cheese Dressing

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



268 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 cup baby arugula packed (lightly)
- ☐ 8 ounce goat cheese fresh softened ()
- ☐ 4 servings kosher salt as needed
- ☐ 2 tablespoon juice of lime
- ☐ 4 servings freshly cracked pepper black as needed
- ☐ 0.7 cup greek yogurt plain
- ☐ 3 ounce speck thinly sliced (, then torn into strips)

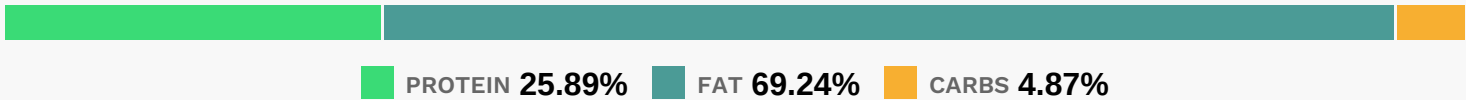
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Make the dressing: Blend goat cheese, yogurt and lime juice in mini food processor or blender until smooth.
- ☐ Transfer to a small bowl. Season dipping sauce to taste with a pinch each salt and pepper. Cover and refrigerate at least 1 hour. May be made up to 24 hours in advance to this point.
- ☐ Place the arugula on a serving plate; top with speck and fig halves.
- ☐ Drizzle the dressing on top to taste and give the salad a few grinds of black pepper.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.21, Inflammation Score:-7, Nutrition Score:11.348695682443%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 268.31kcal (13.42%), Fat: 20.72g (31.88%), Saturated Fat: 11.15g (69.72%), Carbohydrates: 3.28g (1.09%), Net Carbohydrates: 2.74g (1%), Sugar: 2.34g (2.6%), Cholesterol: 41.78mg (13.93%), Sodium: 563.47mg (24.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.43g (34.87%), Vitamin K: 33.93µg (32.31%), Vitamin A: 1311.1IU (26.22%), Phosphorus: 237.91mg (23.79%), Copper: 0.46mg (22.8%), Vitamin B2: 0.35mg (20.79%), Calcium: 167.05mg (16.71%), Selenium: 9.26µg (13.23%), Vitamin B6: 0.24mg (12.23%), Folate: 39µg (9.75%), Iron: 1.64mg (9.13%), Manganese: 0.17mg (8.65%), Vitamin C: 6.75mg (8.18%), Vitamin B1: 0.12mg (8.06%), Vitamin B5: 0.76mg (7.56%), Magnesium: 30.17mg (7.54%), Vitamin B12: 0.45µg (7.46%), Zinc: 1.1mg (7.32%), Potassium: 224.68mg

(6.42%), Vitamin B3: 1.27mg (6.36%), Vitamin E: 0.34mg (2.29%), Fiber: 0.54g (2.14%), Vitamin D: 0.31µg (2.08%)