



Fresh Fig Salad

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



446 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 servings arugula
- 1 halves fig fresh
- 1 tablespoon fig preserves
- 1 garlic clove minced
- 2 servings manchego cheese shaved
- 0.3 cup olive oil
- 2 servings pistachios toasted chopped
- 1 slices pancetta

- 2 servings salt and pepper to taste
- 3 tablespoons citrus champagne vinegar

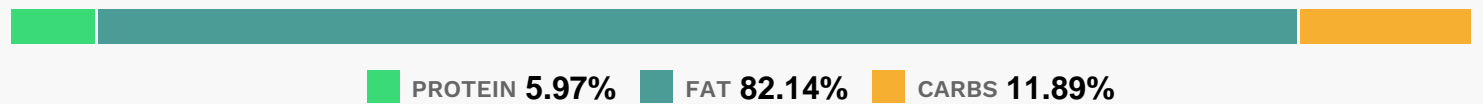
Equipment

- whisk

Directions

- Whisk together olive oil, fig preserves, vinegar, garlic, and salt and pepper to taste. Refrigerate in an airtight container up to 1 week.
- Serve over arugula, prosciutto slices, fresh fig halves, and shaved Manchego cheese.
- Sprinkle with toasted chopped pistachios.

Nutrition Facts



Properties

Glycemic Index:98, Glycemic Load:3.73, Inflammation Score:-5, Nutrition Score:10.447391228183%

Flavonoids

Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 445.85kcal (22.29%), Fat: 41.73g (64.21%), Saturated Fat: 6.07g (37.97%), Carbohydrates: 13.6g (4.53%), Net Carbohydrates: 10.43g (3.79%), Sugar: 5.84g (6.49%), Cholesterol: 3.71mg (1.24%), Sodium: 234.16mg (10.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.64%), Vitamin E: 4.6mg (30.68%), Vitamin K: 27.2µg (25.91%), Vitamin B6: 0.51mg (25.73%), Manganese: 0.41mg (20.4%), Copper: 0.39mg (19.38%), Vitamin B1: 0.26mg (17.56%), Phosphorus: 153.65mg (15.37%), Fiber: 3.17g (12.67%), Magnesium: 40.71mg (10.18%), Potassium: 353.47mg (10.1%), Iron: 1.58mg (8.75%), Vitamin A: 361.33IU (7.23%), Calcium: 62.33mg (6.23%), Folate: 24.83µg (6.21%),

Vitamin C: 4.27mg (5.18%), Zinc: 0.74mg (4.93%), Selenium: 3.15µg (4.5%), Vitamin B2: 0.06mg (3.76%), Vitamin B3: 0.57mg (2.85%), Vitamin B5: 0.22mg (2.23%)