



Frisée and Arugula Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



147 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups baby arugula
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup cucumber thinly sliced
- ☐ 1.5 teaspoons dijon mustard
- ☐ 0.5 cup fennel bulb thinly sliced
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 cups salad leaves curly endive
- ☐ 0.3 cup mayonnaise

- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.5 cup radishes thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sherry vinegar
- ☐ 2 tablespoons water

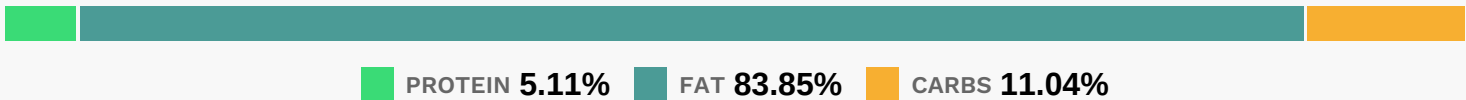
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine mayonnaise, dill, water, sherry vinegar, Dijon mustard, black pepper, and salt in a large bowl; stir with a whisk.
- ☐ Add frise, baby arugula, fennel bulb, cucumber, and radish. Toss gently to combine.
- ☐ Sprinkle with toasted pine nuts.

Nutrition Facts



Properties

Glycemic Index:63.25, Glycemic Load:0.47, Inflammation Score:-8, Nutrition Score:12.160434726788%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 4.24mg, Kaempferol: 4.24mg, Kaempferol: 4.24mg, Kaempferol: 4.24mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 147.31kcal (7.37%), Fat: 14.17g (21.8%), Saturated Fat: 1.93g (12.09%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 2.02g (0.73%), Sugar: 1.59g (1.77%), Cholesterol: 5.88mg (1.96%), Sodium: 281.35mg (12.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.89%), Vitamin K: 119.47µg (113.78%), Vitamin A: 1715.07IU

(34.3%), Manganese: 0.67mg (33.32%), Vitamin C: 11.63mg (14.1%), Folate: 48.81µg (12.2%), Vitamin E: 1.61mg (10.74%), Copper: 0.18mg (9.14%), Fiber: 2.18g (8.71%), Potassium: 284.33mg (8.12%), Magnesium: 31.8mg (7.95%), Phosphorus: 63.25mg (6.33%), Calcium: 57.24mg (5.72%), Iron: 0.92mg (5.12%), Vitamin B5: 0.47mg (4.72%), Zinc: 0.6mg (4.03%), Vitamin B2: 0.06mg (3.7%), Vitamin B1: 0.05mg (3.39%), Vitamin B6: 0.07mg (3.27%), Vitamin B3: 0.5mg (2.51%), Selenium: 1.29µg (1.85%)