



Jerusalem Artichoke and Arugula Salad with Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 ounce arugula
- ☐ 1 teaspoon dijon mustard
- ☐ 1 pound sunchokes trimmed peeled thinly sliced
- ☐ 5 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 tablespoons orange juice
- ☐ 2 ounces parmesan shaved
- ☐ 1 tablespoon red wine vinegar

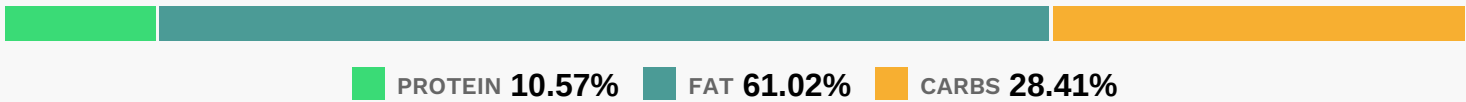
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk orange juice, vinegar, and mustard in small bowl to blend. Gradually whisk in oil. Season vinaigrette to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.)
- ☐ Combine Jerusalem artichokes, arugula, and Parmesan in large bowl.
- ☐ Drizzle with vinaigrette and toss to coat. Divide among 6 plates and serve.
- ☐ Because Jerusalem artichokes discolor quickly, peel and slice them just before serving.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:4.37, Inflammation Score:-6, Nutrition Score:8.9460869431496%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 8.24mg, Kaempferol: 8.24mg, Kaempferol: 8.24mg, Kaempferol: 8.24mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 204.8kcal (10.24%), Fat: 14.31g (22.02%), Saturated Fat: 3.18g (19.9%), Carbohydrates: 14.99g (5%), Net Carbohydrates: 13.36g (4.86%), Sugar: 8.31g (9.23%), Cholesterol: 6.43mg (2.14%), Sodium: 170.45mg (7.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.15%), Vitamin K: 33.03µg (31.46%), Iron: 3.09mg (17.19%), Calcium: 161.68mg (16.17%), Phosphorus: 138.9mg (13.89%), Vitamin A: 661.46IU (13.23%), Vitamin E: 1.95mg (13.01%), Potassium: 433.86mg (12.4%), Vitamin B1: 0.17mg (11.46%), Vitamin C: 9.42mg (11.41%), Folate: 35.16µg (8.79%), Magnesium: 29.24mg (7.31%), Fiber: 1.63g (6.54%), Copper: 0.13mg (6.51%), Manganese: 0.13mg (6.43%), Vitamin B2: 0.1mg (5.84%), Vitamin B3: 1.11mg (5.54%), Vitamin B5: 0.46mg (4.59%), Vitamin B6: 0.09mg (4.34%), Selenium: 3.02µg (4.31%), Zinc: 0.47mg (3.14%), Vitamin B12: 0.11µg (1.89%)