



Layered Fruit and Arugula Salad

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



435 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 cups grapes red
- 0.5 cup honey
- 0.3 cup sherry vinegar
- 0.5 cup olive oil
- 0.5 teaspoon salt
- 4 cups arugula packed (5-oz package)
- 2 tofu
- 1.5 cups goat cheese crumbled (goat)

- 1 cup cherries dried
- 0.5 cup hazelnuts peeled toasted

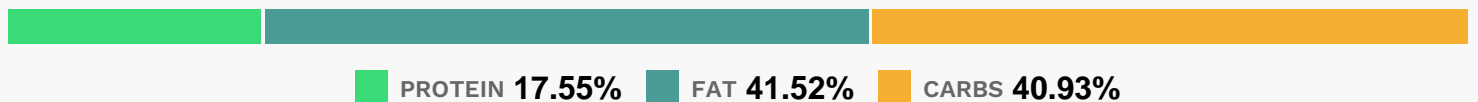
Equipment

- bowl
- baking sheet
- oven
- whisk
- slotted spoon

Directions

- Heat oven to 450°F. Spray cookie sheet with cooking spray. In large bowl, toss grapes and honey. Arrange on cookie sheet. Roast 20 to 30 minutes, stirring once, until grapes burst and begin to caramelize.
- Meanwhile, in large bowl, beat sherry vinegar, olive oil and salt with whisk. Set aside.
- Add grapes and any syrup remaining on cookie sheet to vinegar mixture; stir. Cool completely.
- Layer as follows. Using slotted spoon, carefully transfer grapes to 3-quart trifle dish or bowl.
- Place arugula on top of grapes, mounding in center.
- Core and thinly slice pears; add them to vinegar mixture, and toss to coat. Using slotted spoon, transfer pears to bowl, spreading them evenly on top of arugula. Discard any remaining liquid.
- Place chèvre evenly on top of pears; scatter cherries and hazelnuts on top.

Nutrition Facts



Properties

Glycemic Index:20.03, Glycemic Load:15.44, Inflammation Score:-7, Nutrition Score:11.672608748726%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 435.1kcal (21.75%), Fat: 20.77g (31.96%), Saturated Fat: 7.45g (46.59%), Carbohydrates: 46.09g (15.36%), Net Carbohydrates: 42.26g (15.37%), Sugar: 38.15g (42.39%), Cholesterol: 19.58mg (6.53%), Sodium: 314.07mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.76g (39.51%), Manganese: 0.61mg (30.61%), Copper: 0.55mg (27.63%), Vitamin A: 1266.18IU (25.32%), Vitamin K: 25.38µg (24.17%), Calcium: 230.91mg (23.09%), Iron: 3.15mg (17.51%), Fiber: 3.83g (15.31%), Phosphorus: 152.46mg (15.25%), Vitamin B2: 0.24mg (14.1%), Vitamin E: 1.78mg (11.85%), Vitamin B6: 0.23mg (11.3%), Vitamin B1: 0.13mg (8.97%), Magnesium: 29.75mg (7.44%), Potassium: 257.16mg (7.35%), Folate: 25.22µg (6.3%), Vitamin C: 4.53mg (5.49%), Zinc: 0.72mg (4.83%), Vitamin B5: 0.45mg (4.54%), Vitamin B3: 0.52mg (2.58%), Selenium: 1.65µg (2.35%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.13%)