



Marinated Fig Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



528 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups arugula loosely packed
- 3 tablespoons balsamic vinegar
- 1 teaspoon dijon mustard coarse-grained
- 0.3 cup olive oil extra virgin
- 16 figs fresh halved
- 8 oz mozzarella fresh
- 1 tablespoon honey
- 4 ounces serrano ham thinly sliced

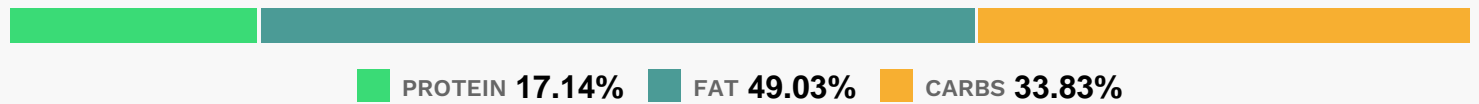
Equipment

- bowl
- whisk

Directions

- Whisk together first 4 ingredients and salt and pepper to taste in a medium bowl. Stir in figs; let stand 30 minutes.
- Arrange mozzarella and ham on 4 salad plates or a large platter. Spoon fig mixture over cheese and ham.
- Sprinkle with arugula, and season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:63.57, Glycemic Load:23.57, Inflammation Score:-7, Nutrition Score:14.149565230245%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 3.18mg, Catechin: 3.18mg, Catechin: 3.18mg, Catechin: 3.18mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg 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: 11.73mg, Quercetin: 11.73mg, Quercetin: 11.73mg, Quercetin: 11.73mg

Nutrients (% of daily need)

Calories: 527.89kcal (26.39%), Fat: 29.91g (46.02%), Saturated Fat: 9.96g (62.26%), Carbohydrates: 46.44g (15.48%), Net Carbohydrates: 40.42g (14.7%), Sugar: 39.51g (43.9%), Cholesterol: 59.99mg (20%), Sodium: 933.98mg (40.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.53g (47.06%), Calcium: 376.81mg (37.68%), Vitamin K: 29.75µg (28.33%), Fiber: 6.02g (24.1%), Phosphorus: 237.75mg (23.78%), Vitamin B12: 1.29µg (21.55%), Vitamin A: 905.47IU (18.11%), Manganese: 0.33mg (16.51%), Potassium: 562.17mg (16.06%), Vitamin B2: 0.27mg (15.99%), Vitamin E: 2.32mg (15.46%), Selenium: 10.54µg (15.05%), Zinc: 2.03mg (13.55%), Magnesium: 52.18mg (13.05%), Vitamin B6: 0.26mg (12.82%), Vitamin B1: 0.14mg (9.58%), Iron: 1.68mg (9.33%), Copper: 0.16mg (7.99%), Vitamin B5: 0.73mg (7.31%), Vitamin C: 5.53mg (6.7%), Folate: 25.86µg (6.47%), Vitamin B3: 0.9mg (4.51%),

Vitamin D: 0.23 μ g (1.51%)