



Mixed Salad (Insalata Mista)



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



49 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 cups arugula
- ☐ 0.3 cup lightly basil leaves fresh packed
- ☐ 0.5 teaspoon pepper black freshly ground plus more for seasoning
- ☐ 1 carrots peeled
- ☐ 1 hothouse cucumber peeled
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 10 ounce bite-size pieces radicchio

☐ 1 teaspoon salt plus more for seasoning

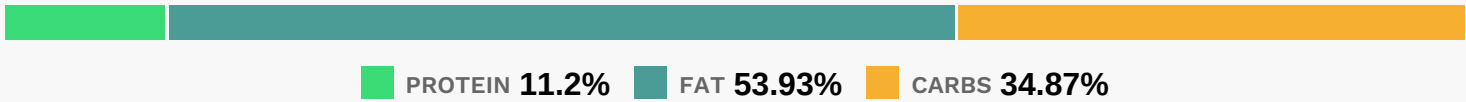
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ blender
- ☐ peeler

Directions

- ☐ Blend the basil, vinegar, 1 teaspoon of salt, and 1/2 teaspoon of pepper in a blender. With the machine running, gradually blend in the oil.
- ☐ Place the arugula and radicchio in a wide shallow bowl. Using a vegetable peeler, shave the carrot over the salad. Shave the cucumber into a medium bowl. Pat the cucumber shavings with paper towels to absorb the excess moisture.
- ☐ Add the cucumbers to the salad.
- ☐ Do-Ahead Tip: The vinaigrette and salad can be prepared 1 day ahead. Cover separately and refrigerate.
- ☐ Whisk the dressing to blend before using.
- ☐ Toss the salad with enough dressing to coat. Season the salad, to taste, with salt and pepper, and serve.

Nutrition Facts



Properties

Glycemic Index:25.1, Glycemic Load:0.49, Inflammation Score:-8, Nutrition Score:10.362173860488%

Flavonoids

Cyanidin: 45mg, Cyanidin: 45mg, Cyanidin: 45mg, Cyanidin: 45mg Delphinidin: 2.72mg, Delphinidin: 2.72mg, Delphinidin: 2.72mg, Delphinidin: 2.72mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 13.48mg, Luteolin: 13.48mg, Luteolin: 13.48mg, Luteolin: 13.48mg Isorhamnetin: 0.86mg, Isorhamnetin:

0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7mg, Kaempferol: 7mg, Kaempferol: 7mg, Kaempferol: 7mg Quercetin: 12.77mg, Quercetin: 12.77mg, Quercetin: 12.77mg, Quercetin: 12.77mg

Nutrients (% of daily need)

Calories: 48.71kcal (2.44%), Fat: 3.04g (4.67%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 2.99g (1.09%), Sugar: 1.53g (1.7%), Cholesterol: 0mg (0%), Sodium: 20.28mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin K: 125.68µg (119.7%), Vitamin A: 1848.91IU (36.98%), Folate: 49.52µg (12.38%), Manganese: 0.21mg (10.71%), Vitamin E: 1.46mg (9.73%), Vitamin C: 7.73mg (9.37%), Copper: 0.18mg (8.83%), Potassium: 272.5mg (7.79%), Calcium: 59.29mg (5.93%), Fiber: 1.42g (5.7%), Magnesium: 22.34mg (5.58%), Iron: 0.93mg (5.17%), Phosphorus: 37.58mg (3.76%), Vitamin B6: 0.07mg (3.64%), Vitamin B5: 0.3mg (3.03%), Zinc: 0.42mg (2.83%), Vitamin B2: 0.05mg (2.66%), Vitamin B1: 0.03mg (2.18%), Vitamin B3: 0.28mg (1.4%)