



Orange Salad with Arugula and Oil-Cured Olives



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



109 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 ounce arugula
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons mint leaves fresh finely chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon fresh

- ☐ 30 oil-cured olives black
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 5 oranges peeled thinly sliced
- ☐ 0.3 cup shallots thinly sliced
- ☐ 1 teaspoon sugar

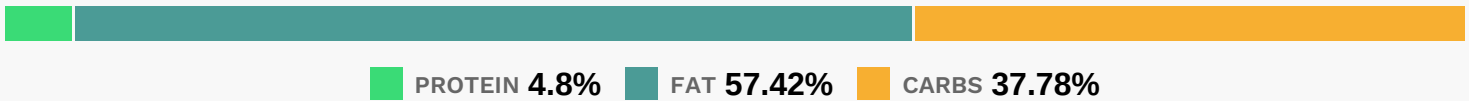
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare dressing, combine first 7 ingredients in a medium bowl, stirring with a whisk. Gradually add oil, stirring constantly with a whisk.
- ☐ To prepare salad, combine arugula and three-fourths of dressing in a large bowl; toss gently to coat. Arrange about 1/2 cup arugula mixture on each of 10 salad plates; arrange orange slices evenly over salads.
- ☐ Drizzle remaining one-fourth of dressing evenly over salads; top each salad with 3 olives.
- ☐ Sprinkle evenly with 1/2 teaspoon salt and additional black pepper, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.86, Glycemic Load:3.32, Inflammation Score:-6, Nutrition Score:6.8413044369739%

Flavonoids

Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 18.83mg, Hesperetin: 18.83mg, Hesperetin: 18.83mg, Hesperetin: 18.83mg Naringenin: 10.12mg, Naringenin: 10.12mg, Naringenin: 10.12mg, Naringenin: 10.12mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 5.03mg, Kaempferol: 5.03mg, Kaempferol: 5.03mg, Kaempferol: 5.03mg

Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 109.4kcal (5.47%), Fat: 7.48g (11.5%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 11.07g (3.69%), Net Carbohydrates: 8.47g (3.08%), Sugar: 7.67g (8.52%), Cholesterol: 0mg (0%), Sodium: 377.87mg (16.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.81%), Vitamin C: 40.29mg (48.83%), Vitamin K: 18.99µg (18.08%), Vitamin A: 574.91IU (11.5%), Fiber: 2.59g (10.38%), Folate: 38.88µg (9.72%), Vitamin E: 1.43mg (9.53%), Potassium: 216.14mg (6.18%), Calcium: 61.74mg (6.17%), Manganese: 0.11mg (5.26%), Vitamin B1: 0.07mg (4.98%), Magnesium: 17.88mg (4.47%), Vitamin B6: 0.09mg (4.27%), Copper: 0.07mg (3.35%), Iron: 0.53mg (2.95%), Vitamin B2: 0.05mg (2.66%), Vitamin B5: 0.27mg (2.66%), Phosphorus: 24.09mg (2.41%), Vitamin B3: 0.3mg (1.5%), Selenium: 0.92µg (1.32%), Zinc: 0.17mg (1.13%)