



Penne Salad with Roast Beef, Arugula, Radicchio, and Capers

READY IN



45 min.

SERVINGS



4

CALORIES



657 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 pound arugula (2 bunches)
- 3.5 tablespoons balsamic vinegar
- 0.3 cup capers drained
- 0.5 teaspoon fresh-ground pepper black
- 6 tablespoons olive oil
- 2 ounces parmesan cheese chunk
- 0.8 pound penne pasta
- 6 ounces radicchio thinly

- 0.5 pound thin- roast beef cooked cut into strips
- 0.8 teaspoon salt

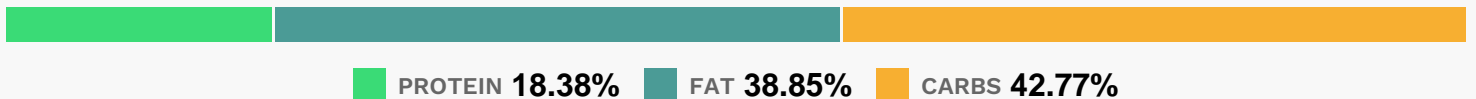
Equipment

- bowl
- pot
- peeler

Directions

- In a large pot of boiling, salted water, cook the penne until just done, about 13 minutes.
- Drain, rinse with cold water, and drain thoroughly.
- In a large bowl, toss the pasta with the arugula, radicchio, capers, oil, vinegar, salt, and 1/4 teaspoon of the pepper.
- Add the roast beef and toss again.
- To serve, mound the salad on plates. Top each with strips of Parmesan shaved from the chunk of cheese with a vegetable peeler or with the grated Parmesan.
- Sprinkle the remaining 1/4 teaspoon pepper over the salads.
- Wine Recommendation: This salad goes well with many simple, fruity reds.
- Pour a Beaujolais-Villages or try a red wine from the south of France such as Corbières or Coteaux du Languedoc.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:27.06, Inflammation Score:-8, Nutrition Score:28.30999995185%

Flavonoids

Cyanidin: 54mg, Cyanidin: 54mg, Cyanidin: 54mg, Cyanidin: 54mg Delphinidin: 3.27mg, Delphinidin: 3.27mg, Delphinidin: 3.27mg, Delphinidin: 3.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 16.18mg, Luteolin: 16.18mg, Luteolin: 16.18mg, Luteolin: 16.18mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 24.26mg, Kaempferol: 24.26mg,

Kaempferol: 24.26mg, Kaempferol: 24.26mg Quercetin: 34.52mg, Quercetin: 34.52mg, Quercetin: 34.52mg, Quercetin: 34.52mg

Nutrients (% of daily need)

Calories: 657.11kcal (32.86%), Fat: 28.33g (43.58%), Saturated Fat: 6.22g (38.87%), Carbohydrates: 70.15g (23.38%), Net Carbohydrates: 66.18g (24.07%), Sugar: 5.36g (5.96%), Cholesterol: 41.96mg (13.99%), Sodium: 1845.09mg (80.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.15g (60.31%), Vitamin K: 155.41µg (148.01%), Selenium: 61.35µg (87.64%), Manganese: 1mg (50.15%), Vitamin C: 33.64mg (40.77%), Calcium: 407.63mg (40.76%), Phosphorus: 404.44mg (40.44%), Vitamin B3: 5.97mg (29.83%), Vitamin E: 4.33mg (28.87%), Zinc: 4.08mg (27.22%), Copper: 0.5mg (25.24%), Magnesium: 87.8mg (21.95%), Vitamin B6: 0.41mg (20.43%), Iron: 3.5mg (19.43%), Folate: 77.03µg (19.26%), Vitamin B12: 1.13µg (18.9%), Potassium: 618.17mg (17.66%), Vitamin A: 811.38IU (16.23%), Fiber: 3.97g (15.88%), Vitamin B2: 0.22mg (12.93%), Vitamin B1: 0.13mg (8.61%), Vitamin B5: 0.85mg (8.46%)