



Pineapple Rocket Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



79 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 4 cups torn arugula leaves
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons maple syrup
- ☐ 1 tablespoon olive oil
- ☐ 0.3 pineapple fresh cored peeled chopped
- ☐ 0.3 onion red thinly sliced
- ☐ 0.3 teaspoon salt

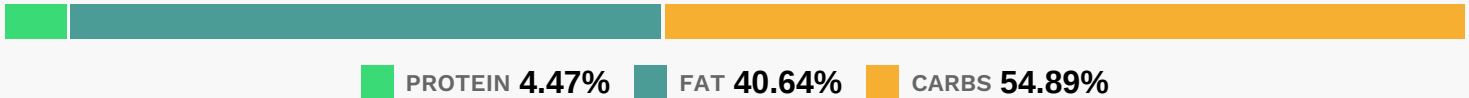
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Mix arugula, pineapple, red onion, and cilantro in a salad bowl.
- ☐ Whisk apple cider vinegar, olive oil, maple syrup, and salt in a small bowl; pour dressing over salad and toss to coat.

Nutrition Facts



Properties

Glycemic Index:56.54, Glycemic Load:5.06, Inflammation Score:-6, Nutrition Score:7.3704347351323%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 7.02mg, Kaempferol: 7.02mg, Kaempferol: 7.02mg, Kaempferol: 7.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 79.01kcal (3.95%), Fat: 3.71g (5.71%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 10.02g (3.65%), Sugar: 8.42g (9.36%), Cholesterol: 0mg (0%), Sodium: 152.99mg (6.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Vitamin C: 30.82mg (37.35%), Manganese: 0.71mg (35.53%), Vitamin K: 27.43µg (26.12%), Vitamin A: 575.02IU (11.5%), Folate: 31.51µg (7.88%), Fiber: 1.26g (5.03%), Vitamin B2: 0.08mg (4.9%), Potassium: 166.85mg (4.77%), Calcium: 46.33mg (4.63%), Magnesium: 18.44mg (4.61%), Vitamin B6: 0.09mg (4.38%), Vitamin E: 0.63mg (4.18%), Copper: 0.08mg (4.17%), Vitamin B1: 0.06mg (3.98%), Iron: 0.54mg (2.97%), Vitamin B5: 0.22mg (2.22%), Phosphorus: 18.3mg (1.83%), Vitamin B3: 0.37mg (1.83%), Zinc: 0.21mg (1.39%)