

Quick Rocket Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



1

CALORIES



313 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup alfalfa sprouts
- 4 cups baby arugula leaves
- 1 tablespoon balsamic vinegar
- 4 cherry tomatoes halved
- 0.3 cucumber cubed
- 2 tablespoons olive oil
- 1 serving salt and pepper to taste

Equipment

bowl

whisk

Directions

Whisk together the olive oil and balsamic vinegar in a large bowl.

Add the cucumber, tomatoes, arugula, and alfalfa sprouts; toss to coat. Season to taste with salt and pepper before serving.

Nutrition Facts

 **PROTEIN 5.79%**  **FAT 80.38%**  **CARBS 13.83%**

Properties

Glycemic Index:97, Glycemic Load:2.11, Inflammation Score:-9, Nutrition Score:18.129999979683%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg Kaempferol: 27.92mg, Kaempferol: 27.92mg, Kaempferol: 27.92mg, Kaempferol: 27.92mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg

Nutrients (% of daily need)

Calories: 313.43kcal (15.67%), Fat: 28.99g (44.6%), Saturated Fat: 3.98g (24.87%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 8.14g (2.96%), Sugar: 7.17g (7.97%), Cholesterol: 0mg (0%), Sodium: 231.09mg (10.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.39%), Vitamin K: 123.22µg (117.36%), Vitamin A: 2354.07IU (47.08%), Vitamin C: 33.41mg (40.5%), Vitamin E: 4.79mg (31.96%), Folate: 112.32µg (28.08%), Manganese: 0.48mg (24.24%), Potassium: 623.75mg (17.82%), Magnesium: 66.56mg (16.64%), Calcium: 164.76mg (16.48%), Iron: 2.44mg (13.56%), Fiber: 3.08g (12.33%), Copper: 0.24mg (11.95%), Phosphorus: 107.78mg (10.78%), Vitamin B2: 0.15mg (8.84%), Vitamin B6: 0.17mg (8.72%), Vitamin B5: 0.86mg (8.63%), Vitamin B1: 0.12mg (7.72%), Zinc: 0.96mg (6.39%), Vitamin B3: 0.8mg (4.01%), Selenium: 0.88µg (1.26%)