



Rapid rocket, carrot & ham salad



Gluten Free



Dairy Free

READY IN



4 min.

SERVINGS



1

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

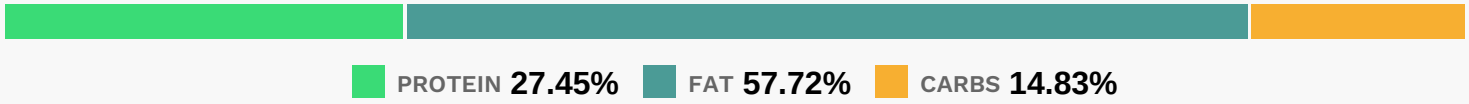
- ☐ 1 large carrots
- ☐ 2 tbsp orange juice fresh
- ☐ 2 handful arugula good
- ☐ 2 tbsp pumpkin seeds
- ☐ 3 slices ham wafer thin lean
- ☐ 1 serving pepper black

Equipment

Directions

- ☐ Coarsely grate the carrot and mix with the orange juice and some salt, if you want.
- ☐ Mix the rocket with the pumpkin seeds. Top with lean ham and grind over some fresh black pepper.

Nutrition Facts



Properties

Glycemic Index:172.83, Glycemic Load:4.46, Inflammation Score:-10, Nutrition Score:28.070000275322%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 4.06mg, Hesperetin: 4.06mg, Hesperetin: 4.06mg, Hesperetin: 4.06mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 14.13mg, Kaempferol: 14.13mg, Kaempferol: 14.13mg, Kaempferol: 14.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 370.99kcal (18.55%), Fat: 24.4g (37.55%), Saturated Fat: 6.82g (42.64%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 10.15g (3.69%), Sugar: 7.37g (8.19%), Cholesterol: 52.08mg (17.36%), Sodium: 1059.32mg (46.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.11g (52.23%), Vitamin A: 13049.27IU (260.99%), Manganese: 1.17mg (58.46%), Vitamin K: 54.76µg (52.15%), Phosphorus: 478.3mg (47.83%), Vitamin B1: 0.66mg (43.68%), Magnesium: 165.71mg (41.43%), Vitamin C: 27.63mg (33.49%), Selenium: 21.18µg (30.26%), Vitamin B3: 5.71mg (28.56%), Zinc: 3.89mg (25.93%), Vitamin B6: 0.49mg (24.51%), Potassium: 849.37mg (24.27%), Copper: 0.42mg (20.87%), Folate: 76.82µg (19.2%), Iron: 3.37mg (18.74%), Vitamin B2: 0.3mg (17.81%), Fiber: 3.95g (15.8%), Calcium: 107.02mg (10.7%), Vitamin B5: 0.97mg (9.71%), Vitamin E: 1.4mg (9.33%), Vitamin B12: 0.54µg (8.96%), Vitamin D: 0.59µg (3.92%)