



Rocket and Parma Ham Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



2

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

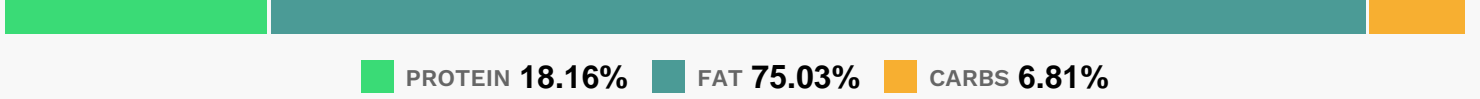
- 7 ounce arugula
- 0.3 cup balsamic vinegar
- 7 ounces parma ham thin
- 0.3 cup olive oil

Equipment

Directions

- Arrange arugula on a large, flat platter.
- Top arugula with Parma ham.
- Drizzle olive oil and balsamic vinegar over the salad.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:3.37, Inflammation Score:-9, Nutrition Score:23.165651881176%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.27mg, Isorhamnetin: 4.27mg, Isorhamnetin: 4.27mg, Isorhamnetin: 4.27mg Kaempferol: 34.62mg, Kaempferol: 34.62mg, Kaempferol: 34.62mg, Kaempferol: 34.62mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 532.65kcal (26.63%), Fat: 44.29g (68.15%), Saturated Fat: 9.74g (60.91%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 7.46g (2.71%), Sugar: 6.8g (7.55%), Cholesterol: 61.52mg (20.51%), Sodium: 1212.44mg (52.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.12g (48.24%), Vitamin K: 124.41µg (118.48%), Vitamin A: 2354.57IU (47.09%), Vitamin B1: 0.64mg (42.67%), Selenium: 22.82µg (32.6%), Vitamin E: 4.67mg (31.15%), Phosphorus: 269.99mg (27%), Folate: 99.22µg (24.81%), Vitamin B3: 4.73mg (23.64%), Vitamin B6: 0.45mg (22.47%), Potassium: 685.88mg (19.6%), Manganese: 0.37mg (18.71%), Zinc: 2.79mg (18.63%), Vitamin C: 14.88mg (18.04%), Vitamin B2: 0.3mg (17.92%), Calcium: 174.58mg (17.46%), Magnesium: 69.31mg (17.33%), Iron: 2.69mg (14.96%), Vitamin B12: 0.63µg (10.58%), Vitamin B5: 0.89mg (8.87%), Copper: 0.17mg (8.3%), Fiber: 1.59g (6.35%), Vitamin D: 0.69µg (4.63%)