



## Romaine and Arugula Salad with Toasted Seeds

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 cups baby arugula
- 2 teaspoons sesame seed white black (preferably and )
- 2 tablespoons juice of lemon fresh
- 0.3 cup olive oil extra virgin extra-virgin
- 16 cups the of 1 cos lettuce
- 1 teaspoon coriander seeds whole

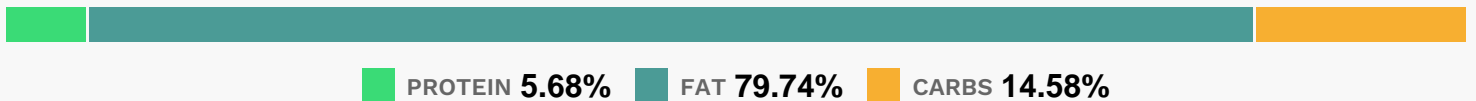
### Equipment

- bowl
- frying pan
- whisk
- potato masher

## Directions

- Combine all seeds in heavy small skillet.
- Add large pinch of salt. Cook over low heat until white sesame seeds are pale golden, stirring occasionally, about 8 minutes. Using potato masher, press mixture in skillet until coriander seeds are coarsely crushed.
- Place lemon juice and peel in small bowl.
- Whisk in olive oil. Season dressing with salt and pepper. (Seeds and dressing can be made 8 hours ahead.
- Let stand at room temperature.)
- Combine romaine and arugula in large bowl.
- Add dressing and half of seeds; toss to coat.
- Sprinkle with remaining seeds and serve.

## Nutrition Facts



## Properties

Glycemic Index:8.38, Glycemic Load:0.09, Inflammation Score:-10, Nutrition Score:14.126086921796%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

## Nutrients (% of daily need)

Calories: 102.47kcal (5.12%), Fat: 9.65g (14.85%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 1.66g (0.6%), Sugar: 1.42g (1.58%), Cholesterol: 0mg (0%), Sodium: 10.58mg (0.46%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.55g (3.09%), Vitamin A: 8424.97IU (168.5%), Vitamin K: 112.67µg (107.3%), Folate: 138.77µg (34.69%), Vitamin E: 1.47mg (9.79%), Manganese: 0.2mg (9.77%), Fiber: 2.31g (9.24%), Vitamin C: 6.76mg (8.2%), Potassium: 278.54mg (7.96%), Iron: 1.22mg (6.8%), Calcium: 53.98mg (5.4%), Magnesium: 20.67mg (5.17%), Vitamin B1: 0.08mg (5.17%), Vitamin B2: 0.07mg (4.36%), Vitamin B6: 0.08mg (4.13%), Copper: 0.08mg (3.81%), Phosphorus: 37.87mg (3.79%), Zinc: 0.32mg (2.1%), Vitamin B5: 0.18mg (1.82%), Vitamin B3: 0.36mg (1.78%)