



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



103 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



4 cups baby arugula leaves



2 teaspoons sesame seed white black (preferably and)



2 tablespoons juice of lemon fresh



1 teaspoon lemon zest packed finely grated ()



0.3 cup olive oil extra-virgin



16 cups romaine 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



PROTEIN 5.69% **FAT 79.61%** **CARBS 14.7%**

Properties

Glycemic Index:8.38, Glycemic Load:0.09, Inflammation Score:-10, Nutrition Score:14.154782639897%

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: 102.59kcal (5.13%), Fat: 9.65g (14.85%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 1.68g (0.61%), Sugar: 1.43g (1.59%), Cholesterol: 0mg (0%), Sodium: 10.6mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Vitamin A: 8425.09IU (168.5%), Vitamin K: 112.67µg (107.3%), Folate: 138.81µg (34.7%), Vitamin E: 1.47mg (9.79%), Manganese: 0.2mg (9.77%), Fiber: 2.34g (9.34%), Vitamin C: 7.09mg (8.59%), Potassium: 278.94mg (7.97%), Iron: 1.23mg (6.82%), Calcium: 54.32mg (5.43%), Magnesium: 20.7mg (5.18%), Vitamin B1: 0.08mg (5.18%), Vitamin B2: 0.07mg (4.37%), Vitamin B6: 0.08mg (4.15%), Copper: 0.08mg (3.82%), Phosphorus: 37.9mg (3.79%), Zinc: 0.32mg (2.11%), Vitamin B5: 0.18mg (1.83%), Vitamin B3: 0.36mg (1.79%)