



Salad of Fennel, Arugula, and Ricotta Salata

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 cups arugula loosely packed
- ☐ 1 medium fennel bulb cored trimmed halved lengthwise very thinly sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 3 ounces pecorino cheese with vegetable peeler shaved
- ☐ 0.3 cup shallots minced

Equipment

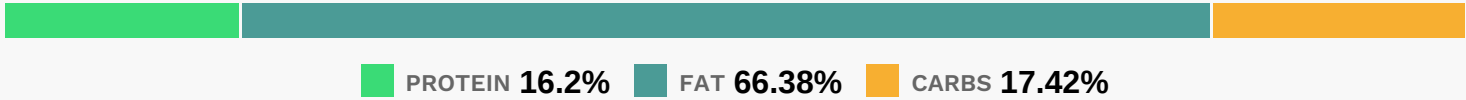
- ☐ bowl

☐ whisk

Directions

- ☐ Whisk shallot and lemon juice in small bowl to blend. Gradually whisk in oil. Season to taste with salt and pepper.
- ☐ Let stand 15 minutes to blend flavors.
- ☐ Combine arugula and sliced fennel in large bowl. Toss with enough dressing to coat salad.
- ☐ Add shaved cheese; toss gently and serve.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:1.5, Inflammation Score:-7, Nutrition Score:9.935652156239%

Flavonoids

Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 11.63mg, Kaempferol: 11.63mg, Kaempferol: 11.63mg, Kaempferol: 11.63mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 145.36kcal (7.27%), Fat: 11.14g (17.14%), Saturated Fat: 3.46g (21.62%), Carbohydrates: 6.58g (2.19%), Net Carbohydrates: 4.51g (1.64%), Sugar: 3.22g (3.58%), Cholesterol: 14.74mg (4.91%), Sodium: 200.75mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.23%), Vitamin K: 65.43µg (62.31%), Calcium: 227.28mg (22.73%), Vitamin A: 902.78IU (18.06%), Phosphorus: 150.88mg (15.09%), Vitamin C: 12.4mg (15.03%), Folate: 48.21µg (12.05%), Manganese: 0.21mg (10.69%), Potassium: 334.8mg (9.57%), Vitamin E: 1.42mg (9.48%), Fiber: 2.07g (8.29%), Magnesium: 30.48mg (7.62%), Iron: 1.04mg (5.79%), Vitamin B2: 0.1mg (5.67%), Vitamin B6: 0.09mg (4.55%), Zinc: 0.64mg (4.28%), Selenium: 2.55µg (3.65%), Vitamin B5: 0.33mg (3.31%), Copper: 0.06mg (3.24%), Vitamin B12: 0.16µg (2.65%), Vitamin B1: 0.03mg (2.06%), Vitamin B3: 0.39mg (1.93%)