



WHATSheATE



Salad with Cherries, Goat Cheese, and Pistachios



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups arugula
- ☐ 2 cups baby spinach
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.3 cup dry-roasted pistachios salted
- ☐ 1 small garlic clove minced
- ☐ 0.3 cup goat cheese crumbled

- ☐ 0.5 teaspoon honey
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup thinly onion red vertically sliced
- ☐ 1 cup rainier cherries fresh pitted halved
- ☐ 0.3 teaspoon salt

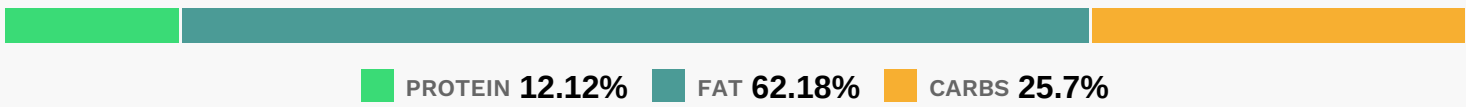
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine arugula, spinach, and onion in a large bowl.
- ☐ Combine juice, mustard, honey, salt, black pepper, and garlic in a medium bowl, stirring with a whisk. Gradually drizzle in olive oil, stirring constantly with a whisk.
- ☐ Drizzle dressing over salad, and toss gently to coat. Arrange 1 1/2 cups salad on each of 4 salad plates. Top each serving with 1/4 cup cherries, 1 tablespoon cheese, and 1 tablespoon nuts.

Nutrition Facts



Properties

Glycemic Index:59.32, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:13.372608778269%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg Kaempferol: 8.02mg, Kaempferol: 8.02mg, Kaempferol: 8.02mg, Kaempferol: 8.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 211.12kcal (10.56%), Fat: 14.9g (22.92%), Saturated Fat: 3.8g (23.73%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 10.85g (3.95%), Sugar: 9.13g (10.14%), Cholesterol: 6.53mg (2.18%), Sodium: 261.03mg (11.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Vitamin K: 99µg (94.29%), Vitamin A: 2029.51IU (40.59%), Manganese: 0.46mg (22.91%), Vitamin C: 16.53mg (20.04%), Folate: 63.06µg (15.76%), Vitamin E: 1.9mg (12.68%), Fiber: 3g (12%), Magnesium: 42.6mg (10.65%), Copper: 0.19mg (9.48%), Phosphorus: 94.47mg (9.45%), Vitamin B3: 1.61mg (8.06%), Calcium: 79.25mg (7.93%), Vitamin B6: 0.15mg (7.59%), Vitamin B2: 0.12mg (7.3%), Potassium: 252.64mg (7.22%), Iron: 1.23mg (6.82%), Zinc: 0.61mg (4.04%), Vitamin B1: 0.05mg (3.67%), Vitamin B5: 0.36mg (3.57%), Selenium: 1.88µg (2.69%)