



WHATSheATE



Sliced Orange Salad with Sauteed Olives and Ricotta Salata



Vegetarian



Gluten Free

READY IN



17 min.

SERVINGS



12

CALORIES



125 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 cups arugula leaves packed
- ☐ 12 servings pepper black freshly ground
- ☐ 2 tablespoon rosemary leaves fresh finely chopped
- ☐ 2 juice of orange juiced
- ☐ 6 medium navel oranges
- ☐ 1 cup oil-cured olives black pitted halved
- ☐ 4 tablespoons olive oil extra-virgin

- ☐ 4 ounces ricotta salata
- ☐ 12 servings ground sea salt finely

Equipment

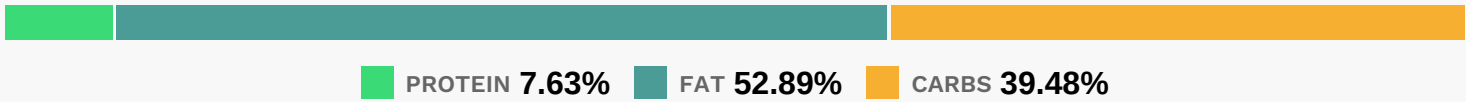
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ peeler

Directions

- ☐ Using a vegetable peeler, remove the zest from 2 oranges in strips.
- ☐ Cut the strips lengthwise as thinly as possible until you have 2 tablespoons of thin slices. Reserve the thin slices and discard the remaining zest. Using a sharp knife, remove the entire rind from the 6 oranges and cut them lengthwise in half.
- ☐ Cut each half crosswise into 1/4-inch slices to form half-moons.
- ☐ Remove the seeds.
- ☐ Heat the oil in a 10-inch skillet over high heat.
- ☐ Add the rosemary to the skillet, cook for a few seconds, and then add the olives. Cook for 10 seconds or until the olives begin to absorb the rosemary-infused oil. Stir in the reserved 2 tablespoons of thinly sliced orange zest. Cook for a few seconds, then remove the skillet from the heat and allow the mixture to cool in the skillet.
- ☐ Add the orange juice to a medium-sized bowl and pour in twice the amount of olive oil as there is juice.
- ☐ Whisk lightly until combined. Season, to taste, with salt and pepper.
- ☐ Put the spinach in a large bowl.
- ☐ Add the reserved orange slices and pour in the olive-orange mixture from the skillet.
- ☐ Add the vinaigrette and toss gently to evenly coat the spinach. Season with salt and pepper.
- ☐ Transfer the salad to a serving platter or individual bowls. Grate some ricotta salata over the top, and serve immediately.

Twice the amount of olive oil as orange juice .

Nutrition Facts



Properties

Glycemic Index:7.58, Glycemic Load:0.22, Inflammation Score:-7, Nutrition Score:9.0886955805447%

Flavonoids

Hesperetin: 20.41mg, Hesperetin: 20.41mg, Hesperetin: 20.41mg, Hesperetin: 20.41mg Naringenin: 6.71mg, Naringenin: 6.71mg, Naringenin: 6.71mg, Naringenin: 6.71mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.99mg, Kaempferol: 6.99mg, Kaempferol: 6.99mg, Kaempferol: 6.99mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 125.43kcal (6.27%), Fat: 7.91g (12.17%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 10.47g (3.81%), Sugar: 8.43g (9.37%), Cholesterol: 4.82mg (1.61%), Sodium: 383.76mg (16.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.13%), Vitamin C: 58.23mg (70.59%), Vitamin K: 25.03µg (23.84%), Vitamin A: 801.69IU (16.03%), Folate: 52.99µg (13.25%), Fiber: 2.82g (11.27%), Calcium: 99.21mg (9.92%), Vitamin E: 1.34mg (8.92%), Potassium: 247.02mg (7.06%), Magnesium: 22.42mg (5.61%), Manganese: 0.11mg (5.41%), Vitamin B1: 0.08mg (5.07%), Vitamin B2: 0.08mg (4.98%), Vitamin B6: 0.1mg (4.86%), Phosphorus: 47.63mg (4.76%), Vitamin B5: 0.36mg (3.58%), Copper: 0.07mg (3.48%), Iron: 0.56mg (3.13%), Vitamin B3: 0.5mg (2.49%), Selenium: 1.54µg (2.2%), Zinc: 0.29mg (1.92%)