



## Strawberry and Arugula Salad with Hazelnut Dressing

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



287 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 9 cups arugula
- ☐ 2 tablespoons canola oil
- ☐ 2 oz mild goat cheese fresh crumbled
- ☐ 2 teaspoons hazelnut oil
- ☐ 3 oz hazelnuts
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1 teaspoon shallots minced

- ☐ 1 tablespoon sherry vinegar
- ☐ 1.5 cups strawberries trimmed quartered
- ☐ 1 teaspoon sugar

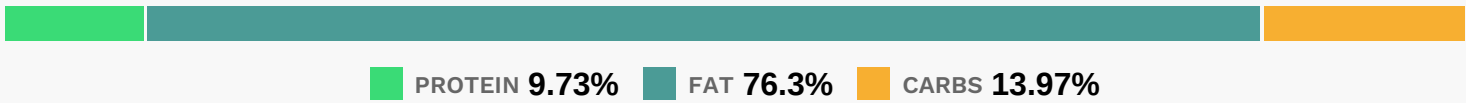
## Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ kitchen towels

## Directions

- ☐ Preheat oven to 350°F.
- ☐ Roast nuts in a shallow baking pan in middle of oven until golden, 10 to 15 minutes. Rub warm nuts in a kitchen towel to remove skins (don't worry if some skins don't come off). Cool nuts, then coarsely chop.
- ☐ Whisk together vinegar, lemon juice, shallot, sugar, and salt and pepper to taste.
- ☐ Add oils in a slow stream, whisking until combined well.
- ☐ Toss together arugula, strawberries, hazelnuts, and dressing. Divide salad among plates and dot with goat cheese.

## Nutrition Facts



## Properties

Glycemic Index:46.77, Glycemic Load:2.46, Inflammation Score:-8, Nutrition Score:18.709565263727%

## Flavonoids

Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg Epigallocatechin:

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Nutrients (% of daily need)

Calories: 286.58kcal (14.33%), Fat: 25.63g (39.43%), Saturated Fat: 3.74g (23.4%), Carbohydrates: 10.56g (3.52%), Net Carbohydrates: 6.68g (2.43%), Sugar: 5.7g (6.33%), Cholesterol: 6.52mg (2.17%), Sodium: 65.24mg (2.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.72%), Manganese: 1.68mg (84.17%), Vitamin K: 58.51µg (55.72%), Vitamin C: 40.63mg (49.24%), Vitamin E: 5.85mg (39.03%), Copper: 0.53mg (26.54%), Vitamin A: 1225.14IU (24.5%), Folate: 82.88µg (20.72%), Magnesium: 65.46mg (16.37%), Fiber: 3.88g (15.54%), Phosphorus: 135.06mg (13.51%), Calcium: 125.26mg (12.53%), Iron: 2.17mg (12.07%), Vitamin B1: 0.18mg (12.01%), Potassium: 402.02mg (11.49%), Vitamin B6: 0.22mg (10.8%), Vitamin B2: 0.13mg (7.59%), Zinc: 0.94mg (6.28%), Vitamin B5: 0.56mg (5.6%), Vitamin B3: 0.79mg (3.96%), Selenium: 1.27µg (1.82%)