



Strawberry-Arugula Salad With Sweet Lime Vinaigrette

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 cups baby arugula
- 1 tablespoon dijon mustard
- 6 servings kosher salt and pepper freshly ground
- 2 tablespoons juice of lime fresh
- 0.3 cup olive oil extra-virgin
- 0.3 cup orange juice fresh
- 4 ounces parmesan cheese with the tip of a knife (1 cup) crumbled

- 1 cup strawberries hulled thinly sliced
- 1 tablespoon sugar

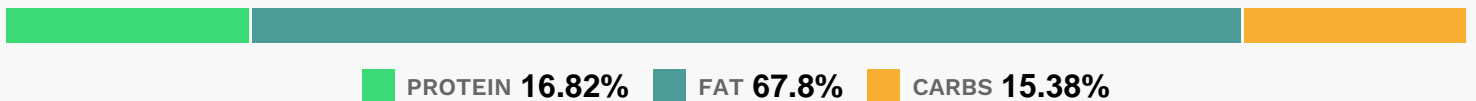
Equipment

- bowl
- whisk
- kitchen towels

Directions

- Toss the strawberry slices, arugula and parmesan crumbles in a large bowl.
- Vigorously whisk together the mustard, sugar, lime juice and orange juice in a medium bowl, whisking between additions to dissolve all the ingredients.
- Add the olive oil in a thin stream while whisking with the other hand. (This is a perfect time to ask for an extra hand, or place the bowl in the center of a dish towel curled into a circle around the base to stabilize it.) Taste and season with a pinch of salt, if needed, and a grind or two of pepper. Toss the salad with some of the dressing and serve the rest on the side.
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:42.18, Glycemic Load:2.88, Inflammation Score:-7, Nutrition Score:9.8473913306775%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol:

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Nutrients (% of daily need)

Calories: 184.79kcal (9.24%), Fat: 14.29g (21.98%), Saturated Fat: 4.38g (27.41%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 6.13g (2.23%), Sugar: 4.99g (5.55%), Cholesterol: 12.85mg (4.28%), Sodium: 533.71mg (23.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.95%), Vitamin K: 42.68µg (40.65%), Vitamin C: 25.79mg (31.26%), Calcium: 284.59mg (28.46%), Vitamin A: 966.43IU (19.33%), Phosphorus: 159.41mg (15.94%), Manganese: 0.22mg (10.84%), Folate: 43.19µg (10.8%), Vitamin E: 1.57mg (10.5%), Selenium: 5.33µg (7.61%), Magnesium: 29.84mg (7.46%), Vitamin B2: 0.1mg (6.03%), Potassium: 207.54mg (5.93%), Zinc: 0.74mg (4.91%), Iron: 0.86mg (4.77%), Fiber: 1.16g (4.65%), Vitamin B12: 0.23µg (3.78%), Vitamin B6: 0.06mg (3.03%), Vitamin B5: 0.29mg (2.95%), Vitamin B1: 0.04mg (2.87%), Copper: 0.05mg (2.55%), Vitamin B3: 0.31mg (1.54%)