



Strawberry Arugula Salad with Sweet Lime Vinaigrette

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

- 8 strawberries hulled thinly sliced
- 1 tablespoon sugar

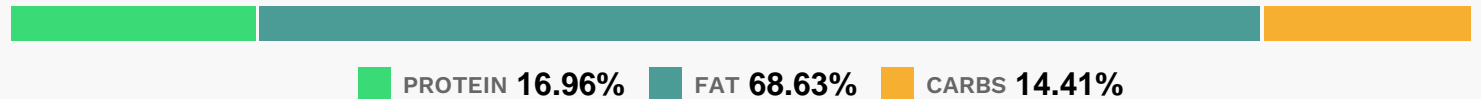
Equipment

- bowl
- whisk
- kitchen towels

Directions

- Toss the strawberry slices, arugula, and Parmesan crumbles in a large bowl.
- In a medium bowl, vigorously whisk together the mustard, sugar, lime juice, and orange juice, allowing time between additions to completely blend and dissolve. When adding the olive oil, be sure to add slowly in a thin stream while still whisking with the other hand. This is a perfect time to ask for an extra hand, or simply place the bowl in the center of a dish towel curled into a circle around the base to stabilize it while whisking. Taste and season with a pinch of salt, if needed, and a grind or 2 of pepper.
- Pour over the salad and toss.

Nutrition Facts



Properties

Glycemic Index:47.52, Glycemic Load:2.71, Inflammation Score:-7, Nutrition Score:9.428260927615%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 3.98mg, Pelargonidin: 3.98mg, Pelargonidin: 3.98mg, Pelargonidin: 3.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol:

0.13mg Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg 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: 11.71mg, Kaempferol: 11.71mg, Kaempferol: 11.71mg, Kaempferol: 11.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 182.48kcal (9.12%), Fat: 14.27g (21.95%), Saturated Fat: 4.39g (27.41%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 5.71g (2.08%), Sugar: 4.6g (5.11%), Cholesterol: 12.85mg (4.28%), Sodium: 339.86mg (14.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.93g (15.87%), Vitamin K: 42.67µg (40.63%), Calcium: 283.63mg (28.36%), Vitamin C: 21.08mg (25.56%), Vitamin A: 966.02IU (19.32%), Phosphorus: 157.65mg (15.77%), Vitamin E: 1.55mg (10.35%), Folate: 41.29µg (10.32%), Manganese: 0.2mg (9.91%), Selenium: 5.3µg (7.57%), Magnesium: 28.97mg (7.24%), Vitamin B2: 0.1mg (5.94%), Potassium: 196.59mg (5.62%), Zinc: 0.73mg (4.84%), Iron: 0.83mg (4.63%), Fiber: 1.03g (4.11%), Vitamin B12: 0.23µg (3.78%), Vitamin B5: 0.29mg (2.86%), Vitamin B6: 0.06mg (2.86%), Vitamin B1: 0.04mg (2.75%), Copper: 0.05mg (2.41%), Vitamin B3: 0.28mg (1.39%)