



Tangy and Tossed Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



214 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups arugula leaves washed
- 0.5 cup button mushrooms thinly sliced
- 0.5 cup cherry tomatoes halved
- 3 tablespoons olive oil
- 0.5 teaspoon cracked pepper black
- 1 teaspoon salt
- 0.5 shallots thinly sliced
- 1 tablespoon sherry vinegar

2 cups watercress leaves washed

Equipment

bowl

whisk

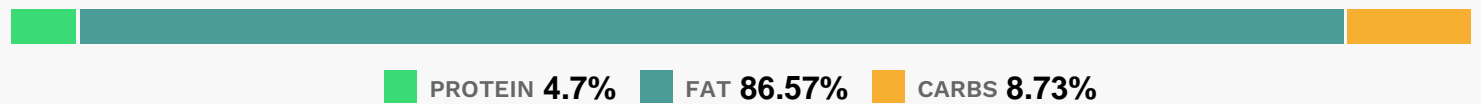
Directions

In a medium bowl, whisk together, the sherry vinegar, olive oil, cracked black pepper and salt. Set aside.

In a large bowl add all the remaining ingredients.

Drizzle the dressing over the salad, toss and serve.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:0.71, Inflammation Score:-8, Nutrition Score:13.328260741804%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 14.81mg, Kaempferol: 14.81mg, Kaempferol: 14.81mg, Kaempferol: 14.81mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg

Nutrients (% of daily need)

Calories: 213.54kcal (10.68%), Fat: 21.31g (32.79%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 4.83g (1.61%), Net Carbohydrates: 3.52g (1.28%), Sugar: 2.38g (2.64%), Cholesterol: 0mg (0%), Sodium: 1189.25mg (51.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.21%), Vitamin K: 121.35µg (115.57%), Vitamin A: 1744.68IU (34.89%), Vitamin C: 27.15mg (32.91%), Vitamin E: 3.67mg (24.46%), Manganese: 0.29mg (14.3%), Potassium: 374.42mg (10.7%), Vitamin B2: 0.16mg (9.7%), Folate: 33.59µg (8.4%), Calcium: 83.53mg (8.35%), Copper: 0.16mg (7.97%), Vitamin B6: 0.14mg (6.79%), Phosphorus: 67.01mg (6.7%), Vitamin B5: 0.63mg (6.25%), Magnesium: 24.55mg (6.14%), Vitamin B3: 1.21mg (6.06%), Iron: 1.02mg (5.66%), Fiber: 1.32g (5.27%), Vitamin B1: 0.08mg (5.1%), Selenium: 2.89µg (4.12%), Zinc: 0.34mg (2.3%)