



Wild Arugula Salad with Garlic Croutons, Shaved Parmesan, and Lemon

READY IN



45 min.

SERVINGS



6

CALORIES



231 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounces arugula wild packed (preferably ; 10 cups)
- ☐ 8 ounce ciabatta bread with crust (preferably day-old)
- ☐ 1 large garlic clove peeled
- ☐ 2 tablespoons juice of lemon fresh ()
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 3 ounces parmesan with vegetable peeler shaved

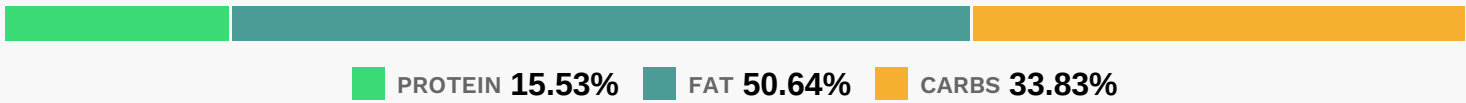
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400°F. Rub crust of bread with garlic clove. Tear bread into 1-inch pieces and place in large bowl; toss with 1/4 cup olive oil.
- ☐ Sprinkle bread lightly with salt; arrange in single layer on rimmed baking sheet.
- ☐ Bake until golden and crisp around edges, about 10 minutes. Cool. DO AHEAD: Can be made 4 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Place arugula in large bowl.
- ☐ Drizzle with 3 tablespoons olive oil and 2 tablespoons lemon juice, adding more lemon juice, if desired.
- ☐ Sprinkle with salt and pepper.
- ☐ Add 2/3 of croutons and half of Parmesan cheese and toss.
- ☐ Transfer to serving bowl; scatter remaining croutons and Parmesan cheese over and serve.
- ☐ Wild arugula is dark green with spiky leaves. It has a more intense flavor than that of regular arugula. You'll find wild arugula at farmers' markets and at some supermarkets.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:6.6160870907099%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg 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: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 230.62kcal (11.53%), Fat: 13.13g (20.2%), Saturated Fat: 3.75g (23.41%), Carbohydrates: 19.73g (6.58%), Net Carbohydrates: 18.83g (6.85%), Sugar: 0.83g (0.92%), Cholesterol: 9.64mg (3.21%), Sodium: 420.27mg (18.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.06g (18.12%), Vitamin K: 36.57µg (34.83%), Calcium: 214.48mg (21.45%), Vitamin A: 783.78IU (15.68%), Phosphorus: 114.28mg (11.43%), Vitamin E: 1.46mg (9.71%), Vitamin C: 6.34mg (7.69%), Folate: 29.51µg (7.38%), Manganese: 0.1mg (5.14%), Magnesium: 19.99mg (5%), Selenium: 3.35µg (4.79%), Vitamin B2: 0.07mg (4.28%), Fiber: 0.89g (3.58%), Potassium: 124.9mg (3.57%), Zinc: 0.53mg (3.54%), Iron: 0.59mg (3.29%), Vitamin B12: 0.17µg (2.83%), Vitamin B6: 0.04mg (2.1%), Vitamin B5: 0.2mg (1.98%), Copper: 0.03mg (1.42%), Vitamin B1: 0.02mg (1.35%)