



Wild Rocket (Arugula) and Parmesan Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



54 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounce arugula
- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.3 cup cilantro leaves roughly chopped
- ☐ 1 pinch ground pepper black
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup parmesan cheese shaved
- ☐ 1 teaspoon pepper flakes red

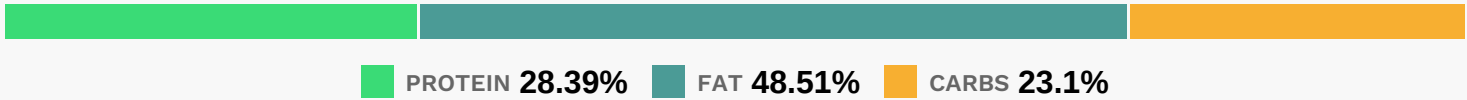
Equipment

☐ bowl

Directions

- ☐ Toss arugula and cilantro together in a large salad bowl.
- ☐ Drizzle arugula mixture with lemon juice, olive oil, and balsamic vinegar.
- ☐ Sprinkle with red pepper flakes and black pepper; toss salad again. If desired, add more lemon juice, olive oil, balsamic vinegar, red pepper flakes, and black pepper to taste.
- ☐ Sprinkle salad with Parmesan cheese shavings and toss again to serve.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:0.63, Inflammation Score:-9, Nutrition Score:10.805652087797%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg Kaempferol: 24.73mg, Kaempferol: 24.73mg, Kaempferol: 24.73mg, Kaempferol: 24.73mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 54.14kcal (2.71%), Fat: 3.16g (4.87%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 2.04g (0.74%), Sugar: 1.77g (1.96%), Cholesterol: 4.25mg (1.42%), Sodium: 128.25mg (5.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.33%), Vitamin K: 81.63µg (77.74%), Vitamin A: 1946.59IU (38.93%), Calcium: 190.25mg (19.03%), Folate: 70.2µg (17.55%), Vitamin C: 11.39mg (13.8%), Manganese: 0.25mg (12.32%), Magnesium: 37.33mg (9.33%), Phosphorus: 82.59mg (8.26%), Potassium: 285.26mg (8.15%), Iron: 1.21mg (6.71%), Fiber: 1.35g (5.38%), Vitamin B2: 0.09mg (5.19%), Vitamin E: 0.68mg (4.54%), Zinc: 0.53mg (3.56%), Vitamin B5: 0.35mg (3.5%), Vitamin B6: 0.07mg (3.5%), Copper: 0.06mg (3.2%), Selenium: 1.73µg (2.47%), Vitamin B1: 0.04mg (2.39%), Vitamin B3: 0.3mg (1.52%), Vitamin B12: 0.08µg (1.25%)