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## Arugula Salad ♦

Arugula salad is a refreshing and nutritious dish that is perfect for a light lunch or dinner. It is made with fresh arugula leaves, which have a slightly peppery taste, and is often topped with a variety of other vegetables, nuts, and cheese. The salad is typically dressed with a simple vinaigrette made from olive oil, lemon juice, and salt. Arugula salad is a popular choice for those following a vegan or vegetarian diet, as it is packed with vitamins, minerals, and antioxidants.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

|       |                 |
|-------|-----------------|
| 150 g | Arugula         |
| 100 g | Cherry Tomatoes |
| 100 g | cucumber        |

|      |             |
|------|-------------|
| 50 g | red onion   |
| 50 g | walnuts     |
| 50 g | feta cheese |
| 30 g | olive oil   |
| 10 g | lemon juice |
| 5 g  | salt        |

## Directions

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### Step 1

Wash the arugula leaves and cherry tomatoes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Cutting

Slice the cucumber and red onion.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Mixing

In a large bowl, combine the arugula, cherry tomatoes, cucumber, red onion, walnuts, and feta cheese.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

In a small bowl, whisk together the olive oil, lemon juice, and salt to make the dressing.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

Drizzle the dressing over the salad and toss to coat.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Serving

Serve the salad immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 10 g

## Nutrition Facts

### Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein  | 5 g   | 29.41%                 | 29.41%                   |

### Carbohydrates

| Nutrient      | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 10 g  | 18.18%                 | 20%                      |
| Fibers        | 5 g   | 13.16%                 | 20%                      |
| Sugars        | 3 g   | N/A                    | N/A                      |
| Lactose       | 5 g   | N/A                    | N/A                      |

## Fats

| Nutrient            | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 5 g   | N/A                    | N/A                      |
| Saturated Fat       | 3 g   | 13.64%                 | 17.65%                   |
| Fat                 | 10 g  | 35.71%                 | 40%                      |
| Cholesterol         | 10 mg | N/A                    | N/A                      |

## Vitamins

| Nutrient    | Value   | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|---------|------------------------|--------------------------|
| Vitamin A   | 1000 iu | 111.11%                | 142.86%                  |
| Vitamin C   | 30 mg   | 33.33%                 | 40%                      |
| Vitamin B6  | 0 mg    | 0%                     | 0%                       |
| Vitamin B12 | 0 mcg   | 0%                     | 0%                       |
| Vitamin E   | 2 mg    | 13.33%                 | 13.33%                   |
| Vitamin D   | 0 mcg   | 0%                     | 0%                       |

## Minerals

| Nutrient | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Sodium   | 200 mg | 8.7%                   | 8.7%                     |
| Calcium  | 150 mg | 15%                    | 15%                      |

| Nutrient  | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Iron      | 2 mg   | 25%                    | 11.11%                   |
| Potassium | 300 mg | 8.82%                  | 11.54%                   |
| Zinc      | 1 mg   | 9.09%                  | 12.5%                    |
| Selenium  | 5 mcg  | 9.09%                  | 9.09%                    |

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Easy

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