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Arugula Salad with Grapefruit Dressing

This refreshing arugula salad is dressed with a tangy grapefruit dressing. It's a perfect combination of flavors and textures, making it a great choice for a light and healthy meal.

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
1 medium	Grapefruit
2 tbsp	olive oil
2 tbsp	lemon juice

1
tablespoon

honey

0.5
teaspoon

salt

0.25
teaspoon

black pepper

Directions

Step 1

Wash and dry the arugula leaves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Peel and segment the grapefruit.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, combine the arugula and grapefruit segments. Drizzle the dressing over the salad and toss to coat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Serving

Serve the salad immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 8 g

Protein: 2 g

Carbohydrates: 6 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	45 mg	50%	60%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	4 mg	50%	22.22%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Picnic Game Day

Cuisines

French Japanese Mediterranean Spanish Vietnamese American

Nutritional Content

Low Calorie Low Fat Sugar-Free High Vitamin C High Iron High Calcium

Course

Appetizers Salads Sauces & Dressings

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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