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Balsamic Arugula Salad

A refreshing and healthy salad made with arugula, balsamic dressing, and various toppings.

Recipe Type: Vegetarian 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

100 g	Arugula
100 g	Cherry Tomatoes
50 g	red onion
30 ml	balsamic vinegar
30 ml	olive oil
0.5 tsp	salt

0.5 tsp black pepper

Directions

Step 1

Wash and dry the arugula and cherry tomatoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the red onion into thin rings.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, whisk together the balsamic vinegar, olive oil, salt, and black pepper to make the dressing.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, combine the arugula, cherry tomatoes, and red onion. Drizzle the dressing over the salad and toss to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 4 g

Protein: 1g

Carbohydrates: 3 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	3 g	5.45%	6%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
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	10 mg	11.11%	13.33%
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

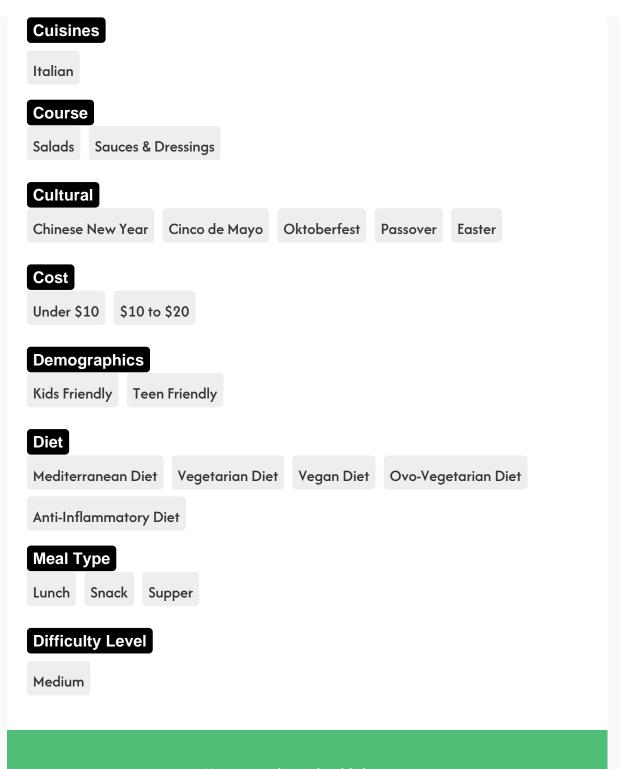
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	100 mg	2.94%	3.85%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes



Spring Summer

Fall



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