



Healthdor

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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

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### Step 1

Wash and dry the arugula and cherry tomatoes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Cutting

Slice the red onion into thin rings.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### 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

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## 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:** 1 g

**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

### Seasonality

Spring

Summer

Fall

## Cuisines

Italian

## Course

Salads

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Oktoberfest

Passover

Easter

## Cost

Under \$10

\$10 to \$20

## Demographics

Kids Friendly

Teen Friendly

## Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Anti-Inflammatory Diet

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Medium

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