Arugula Salad with Lemon Vinaigrette

Ingredients:

4 cups arugula
1/2 cup red or white wine vinegar
1/2 cup olive oil
1/4 cup lemon juice
1/2 teaspoon ground black pepper
1/4 cup parmesan cheese, grated

Nutrition Facts

Serving Size (107g)
Servings Per Container 4

Amount Per Serving

Calories 280	Calories from Fat 250
	% Daily Value*
Total Fat 30g	**46%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 100mg	**4%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 2g	

Vitamin A 15% • Vitamin C 15%
Calcium 10% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Wash arugula, pat dry, and set aside in a medium bowl.
2. Combine vinegar, olive oil, and lemon juice.
3. Toss arugula with dressing to coat. Top with ground black pepper and grated parmesan cheese.

For more information, please contact:
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