



Autumn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 cups lightly 3-inch pieces and crisped butter lettuce packed rinsed (see notes)
- ☐ 0.5 cup hazelnuts
- ☐ 1 tablespoon juice of lemon
- ☐ 6 medjool dates ()
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 3 cups lightly 3-inch pieces and crisped radicchio packed rinsed
- ☐ 8 servings salt and pepper
- ☐ 4 satsuma tangerines ()

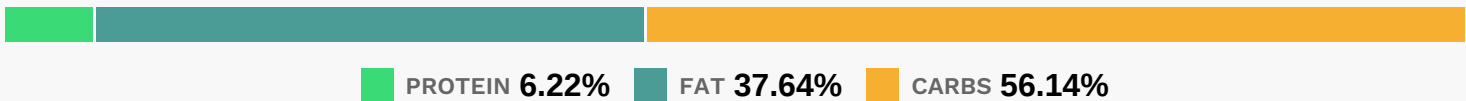
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Put hazelnuts in an 8- or 9-inch pan.
- ☐ Bake in a 350 oven until golden beneath skins, 12 to 15 minutes.
- ☐ Pour onto a towel; let cool. Rub nuts in towel to remove loose skins. Lift nuts from towel and reserve; discard skins.
- ☐ Grate 1/2 teaspoon peel from 1 tangerine.
- ☐ Cut tangerine in half and ream 1/4 cup juice; use another tangerine if necessary. Put peel and juice in a wide, shallow bowl. Peel remaining tangerines. Pull each apart into halves.
- ☐ Cut halves crosswise into 1/4-inch-thick slices.
- ☐ Add to bowl. Pit dates and quarter lengthwise.
- ☐ Add dates, lemon juice, and olive oil to bowl.
- ☐ Add lettuce and radicchio to bowl, mix, and add salt and pepper to taste.
- ☐ Sprinkle with hazelnuts.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:2.2, Inflammation Score:-8, Nutrition Score:11.412608727165%

Flavonoids

Cyanidin: 19.55mg, Cyanidin: 19.55mg, Cyanidin: 19.55mg, Cyanidin: 19.55mg Delphinidin: 1.15mg, Delphinidin: 1.15mg, Delphinidin: 1.15mg, Delphinidin: 1.15mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate:

0.08mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 3.76mg, Hesperetin: 3.76mg, Hesperetin: 3.76mg, Hesperetin: 3.76mg Naringenin: 4.43mg, Naringenin: 4.43mg, Naringenin: 4.43mg, Naringenin: 4.43mg Luteolin: 5.7mg, Luteolin: 5.7mg, Luteolin: 5.7mg, Luteolin: 5.7mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 143.68kcal (7.18%), Fat: 6.58g (10.13%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 22.1g (7.37%), Net Carbohydrates: 18.89g (6.87%), Sugar: 17.39g (19.32%), Cholesterol: 0mg (0%), Sodium: 199.77mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin K: 72.82µg (69.36%), Manganese: 0.61mg (30.55%), Vitamin A: 1367.12IU (27.34%), Vitamin C: 15.3mg (18.55%), Copper: 0.27mg (13.46%), Fiber: 3.21g (12.84%), Folate: 50.4µg (12.6%), Vitamin E: 1.86mg (12.42%), Potassium: 370.98mg (10.6%), Magnesium: 33.35mg (8.34%), Vitamin B6: 0.16mg (7.82%), Vitamin B1: 0.1mg (6.89%), Iron: 1.07mg (5.92%), Phosphorus: 58.17mg (5.82%), Calcium: 50.39mg (5.04%), Vitamin B5: 0.4mg (3.98%), Vitamin B3: 0.74mg (3.71%), Vitamin B2: 0.06mg (3.47%), Zinc: 0.45mg (3%)