



Bacon Vinaigrette with Grilled Radicchio



Gluten Free



Dairy Free

READY IN

ready

20 min.

SERVINGS

servings

8

CALORIES

calories

116 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons add carrot and onion to bacon fat . cook
- ☐ 0.3 cup cider vinegar
- ☐ 1 tablespoon brown sugar dark
- ☐ 1 tablespoon mustard prepared
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 teaspoon pepper freshly ground
- ☐ 2 heads radicchio thinly quartered
- ☐ 1 teaspoon salt

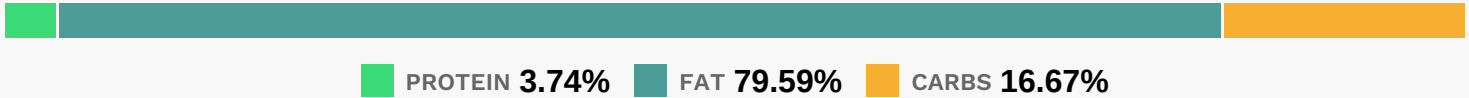
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ In a small non- reactive bowl combine all ingredients except radicchio.
- ☐ Whisk until emulsion is formed and reserve at room temperature.
- ☐ Place quartered radicchio onto a hot grill or grill pan. Cook on each side for approximately 2 minutes per side. You are looking to achieve slightly wilted edges.
- ☐ Remove from the grill and place onto a plate. Cover with a stainless steel bowl and allow steam to continue cooking radicchio for 5 minutes.
- ☐ Drizzle vinaigrette over radicchio wedges and serve immediately.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:8.1717391169589%

Flavonoids

Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 26.59mg, Luteolin: 26.59mg, Luteolin: 26.59mg, Luteolin: 26.59mg Quercetin: 22.06mg, Quercetin: 22.06mg, Quercetin: 22.06mg, Quercetin: 22.06mg

Nutrients (% of daily need)

Calories: 116.2kcal (5.81%), Fat: 10.48g (16.12%), Saturated Fat: 2.35g (14.67%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 4.16g (1.51%), Sugar: 1.93g (2.15%), Cholesterol: 3.33mg (1.11%), Sodium: 332.94mg (14.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Vitamin K: 183µg (174.29%), Vitamin E: 2.58mg (17.23%), Copper: 0.24mg (12.25%), Folate: 42.19µg (10.55%), Manganese: 0.16mg (7.83%), Vitamin C: 5.61mg (6.8%), Potassium: 225.11mg (6.43%), Phosphorus: 31.08mg (3.11%), Fiber: 0.77g (3.1%), Zinc: 0.46mg (3.05%), Iron: 0.52mg

(2.88%), Magnesium: 10.94mg (2.74%), Vitamin B6: 0.04mg (2.13%), Vitamin B5: 0.2mg (1.99%), Selenium: 1.31µg (1.87%), Calcium: 17.6mg (1.76%), Vitamin B2: 0.02mg (1.25%)