



WHATSheATE



Balsamic-Marinated Radicchio with Fresh Ricotta



Vegetarian



Gluten Free

READY IN



1500 min.

SERVINGS



8

CALORIES



93 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 cup basil leaves
- ☐ 0.5 pound ricotta fresh
- ☐ 5 garlic cloves smashed
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup olive oil extra-virgin divided for drizzling
- ☐ 1 pound regular radicchio quartered cut into 2-inch wedges (preferably Treviso)

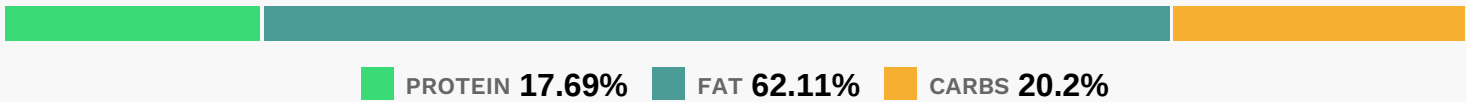
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Whisk together vinegar, garlic, lemon juice, 1/2 cup oil, and 1/2 teaspoon each of salt and pepper in a large bowl.
- ☐ Put radicchio in a 4-sided sheet pan and toss with remaining 2 tablespoons oil. Broil 5 to 6 inches from heat, turning occasionally, until slightly wilted, 3 to 4 minutes.
- ☐ Add hot radicchio to balsamic marinade and gently toss to coat. Cover bowl (to keep heat in) and marinate, tossing once or twice, at least 1 hour.
- ☐ Transfer radicchio to a serving dish, pouring some of marinade over top. Scatter basil over radicchio.
- ☐ Drizzle ricotta with oil in a small bowl and serve with radicchio.
- ☐ Fontaleoni Vernaccia diSan Gimignano '07
- ☐ Radicchio can be marinated, chilled after 1 hour, up to 8 hours. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:0.76, Inflammation Score:-5, Nutrition Score:8.9265216899955%

Flavonoids

Cyanidin: 72mg, Cyanidin: 72mg, Cyanidin: 72mg, Cyanidin: 72mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 21.55mg, Luteolin: 21.55mg, Luteolin: 21.55mg, Luteolin: 21.55mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 17.9mg, Quercetin: 17.9mg, Quercetin: 17.9mg, Quercetin: 17.9mg

Nutrients (% of daily need)

Calories: 93.03kcal (4.65%), Fat: 6.54g (10.06%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 4.79g (1.6%), Net Carbohydrates: 4.21g (1.53%), Sugar: 1.05g (1.17%), Cholesterol: 14.46mg (4.82%), Sodium: 37.65mg (1.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.38%), Vitamin K: 152.78µg (145.5%), Vitamin E: 1.72mg (11.44%), Copper: 0.21mg (10.59%), Folate: 38.62µg (9.66%), Calcium: 76.65mg (7.66%), Phosphorus: 71.99mg (7.2%), Selenium: 4.89µg (6.99%), Vitamin C: 5.63mg (6.83%), Manganese: 0.13mg (6.69%), Potassium: 218.09mg (6.23%), Zinc: 0.72mg (4.79%), Vitamin A: 220.8IU (4.42%), Vitamin B2: 0.07mg (4.38%), Vitamin B6: 0.07mg (3.52%), Magnesium: 12.44mg (3.11%), Iron: 0.55mg (3.08%), Fiber: 0.58g (2.3%), Vitamin B5: 0.23mg (2.28%), Vitamin B12: 0.1µg (1.61%), Vitamin B1: 0.02mg (1.14%), Vitamin B3: 0.2mg (1.01%)