



Bitter Greens Salad with Caper Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



104 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 ounces arugula dried washed
- 2 tablespoons capers rinsed drained finely chopped
- 6 ounces endive dried washed
- 1 teaspoon granulated sugar
- 0.3 cup olive oil extra virgin extra-virgin
- 2 tablespoons parsley fresh italian finely chopped
- 8 ounces radicchio thinly dried washed
- 1 tablespoon shallots minced

2 tablespoons citrus champagne vinegar

Equipment

bowl

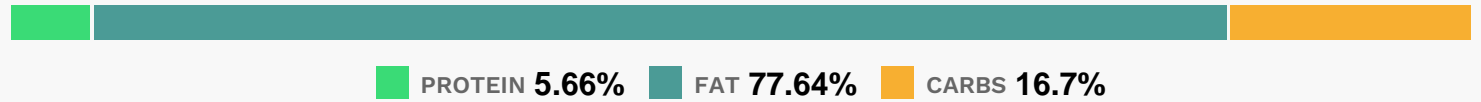
whisk

Directions

Combine shallot, capers, parsley, vinegar, and sugar in a large nonreactive serving bowl. While whisking constantly, slowly add oil in a thin stream until completely incorporated.

Add greens and toss to coat, season with salt and freshly ground black pepper, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.85, Glycemic Load:0.7, Inflammation Score:-8, Nutrition Score:10.758260954981%

Flavonoids

Cyanidin: 48mg, Cyanidin: 48mg, Cyanidin: 48mg, Cyanidin: 48mg Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 14.38mg, Luteolin: 14.38mg, Luteolin: 14.38mg, Luteolin: 14.38mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 12.98mg, Kaempferol: 12.98mg, Kaempferol: 12.98mg, Kaempferol: 12.98mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 18.01mg, Quercetin: 18.01mg, Quercetin: 18.01mg, Quercetin: 18.01mg

Nutrients (% of daily need)

Calories: 103.61kcal (5.18%), Fat: 9.31g (14.33%), Saturated Fat: 1.3g (8.14%), Carbohydrates: 4.51g (1.5%), Net Carbohydrates: 2.8g (1.02%), Sugar: 1.5g (1.67%), Cholesterol: 0mg (0%), Sodium: 95.03mg (4.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin K: 210.43µg (200.41%), Vitamin A: 1189.1IU (23.78%), Folate: 84.48µg (21.12%), Vitamin E: 2.39mg (15.94%), Manganese: 0.24mg (12.17%), Vitamin C: 9.75mg (11.82%), Copper: 0.19mg (9.26%), Potassium: 288.98mg (8.26%), Fiber: 1.7g (6.82%), Calcium: 56.08mg (5.61%), Iron: 0.95mg (5.26%), Magnesium: 20.15mg (5.04%), Vitamin B5: 0.45mg (4.5%), Zinc: 0.58mg (3.85%), Phosphorus: 35.33mg (3.53%), Vitamin B2: 0.05mg (3.15%), Vitamin B1: 0.04mg (2.64%), Vitamin B6: 0.05mg (2.43%), Vitamin B3: 0.31mg (1.53%)