



Bitter Greens Salad with Sourdough Croutons and Warm Tomato Vinaigrette

READY IN



45 min.

SERVINGS



9

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 cups arugula trimmed
- 0.3 cup balsamic vinegar
- 0.3 teaspoon pepper black
- 1.5 tablespoons brown sugar
- 2 teaspoons dijon mustard
- 3 cups endive thinly sliced
- 1.5 tablespoons olive oil extravirgin
- 4 garlic cloves thinly sliced

- 0.3 teaspoon garlic powder
- 0.5 teaspoon lemon pepper
- 2 ounces parmesan cheese fresh grated
- 1.5 cups plum tomatoes diced seeded
- 3 cups radicchio thinly thinly sliced
- 0.3 teaspoon salt
- 0.3 cup shallots finely chopped
- 8 ounces sourdough bread cut into 3/4-inch cubes (6 cups)

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 350
- To prepare croutons, arrange bread cubes on a baking sheet. Lightly coat bread cubes with cooking spray.
- Sprinkle evenly with lemon pepper and garlic powder; toss to coat.
- Bake at 350 for 10 minutes or until crisp, stirring once.
- To prepare salad, combine arugula, radicchio, and escarole in a large bowl.
- To prepare vinaigrette, heat oil in a nonstick skillet over medium heat.
- Add shallots and garlic; cook 5 minutes, stirring occasionally.
- Add tomato; cook 2 minutes, stirring frequently. Stir in vinegar, sugar, mustard, salt, and black pepper. Reduce heat to low; cook 2 minutes or until warm.
- Drizzle warm vinaigrette over salad; toss gently to coat.
- Place 1 cup salad on each of 9 salad plates; top each serving with about 2 1/2 teaspoons cheese. Divide croutons evenly among salads.

Nutrition Facts

PROTEIN 16.58% FAT 28.21% CARBS 55.21%

Properties

Glycemic Index:48.17, Glycemic Load:11.67, Inflammation Score:-8, Nutrition Score:13.05913034535%

Flavonoids

Cyanidin: 16.93mg, Cyanidin: 16.93mg, Cyanidin: 16.93mg, Cyanidin: 16.93mg Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 5.07mg, Luteolin: 5.07mg, Luteolin: 5.07mg, Luteolin: 5.07mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 6.37mg, Kaempferol: 6.37mg, Kaempferol: 6.37mg, Kaempferol: 6.37mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

Nutrients (% of daily need)

Calories: 152.12kcal (7.61%), Fat: 4.86g (7.48%), Saturated Fat: 1.54g (9.6%), Carbohydrates: 21.4g (7.13%), Net Carbohydrates: 19.18g (6.98%), Sugar: 6.2g (6.88%), Cholesterol: 4.28mg (1.43%), Sodium: 344.95mg (15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.86%), Vitamin K: 92.2µg (87.81%), Vitamin A: 1060.92IU (21.22%), Folate: 84.39µg (21.1%), Manganese: 0.39mg (19.42%), Vitamin B1: 0.23mg (15.1%), Selenium: 9.52µg (13.59%), Calcium: 134.16mg (13.42%), Vitamin C: 10.5mg (12.73%), Phosphorus: 105.79mg (10.58%), Vitamin B2: 0.17mg (9.86%), Iron: 1.77mg (9.84%), Potassium: 313.33mg (8.95%), Fiber: 2.21g (8.85%), Vitamin B3: 1.64mg (8.2%), Copper: 0.15mg (7.59%), Magnesium: 29.3mg (7.33%), Vitamin E: 1.06mg (7.05%), Vitamin B6: 0.13mg (6.38%), Zinc: 0.84mg (5.59%), Vitamin B5: 0.43mg (4.28%), Vitamin B12: 0.08µg (1.26%)