



Bitter Greens Salad with Spiced Mirin Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



77 kcal

SALAD

Ingredients

- ☐ 4 cups arugula
- ☐ 1 cup belgian endive sliced
- ☐ 2 teaspoons garlic minced
- ☐ 6 tablespoons mirin sweet (rice wine)
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 cups radicchio thinly
- ☐ 0.5 teaspoon salt
- ☐ 2 thai chile dried red

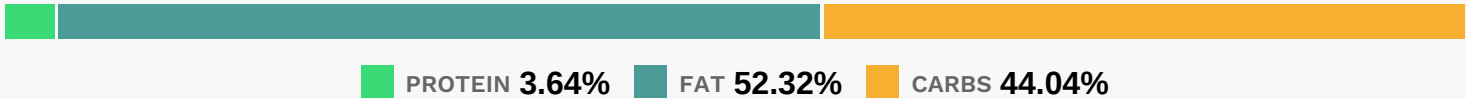
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Soak chiles in warm water for 10 minutes; drain.
- ☐ Place arugula, radicchio, and endive in a large bowl; toss gently to combine.
- ☐ Heat oil in a large skillet or wok over medium-high heat.
- ☐ Add garlic, fennel seeds, if desired, and chiles; stir constantly for 30 seconds. Reduce heat to low; cook 1 minute. Stir in mirin and salt; increase heat to high. Bring to a boil; boil for 15 seconds.
- ☐ Remove chiles from mixture.
- ☐ Drizzle hot dressing over greens; toss gently to coat.
- ☐ Serve salad immediately.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.18, Inflammation Score:0, Nutrition Score:4.7569564956686%

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 Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 5.11mg, Luteolin: 5.11mg, Luteolin: 5.11mg, Luteolin: 5.11mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 77.08kcal (3.85%), Fat: 4.81g (7.4%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 9.11g (3.04%), Net Carbohydrates: 8.28g (3.01%), Sugar: 4.41g (4.9%), Cholesterol: 0mg (0%), Sodium: 331.01mg (14.39%), Alcohol: 1.7g (100%), Alcohol %: 3.27% (100%), Protein: 0.75g (1.51%), Vitamin K: 51.5µg (49.05%), Vitamin C: 6.22mg (7.54%), Vitamin E: 1.04mg (6.92%), Vitamin A: 336.23IU (6.72%), Folate: 26.74µg (6.69%), Manganese: 0.1mg (4.79%), Potassium: 128.61mg (3.67%), Copper: 0.07mg (3.41%), Fiber: 0.83g (3.34%), Calcium: 28.87mg (2.89%), Magnesium: 10.01mg (2.5%), Iron: 0.36mg (2.02%), Vitamin B6: 0.04mg (1.94%), Phosphorus: 18.16mg (1.82%), Vitamin B1: 0.02mg (1.35%), Vitamin B2: 0.02mg (1.25%), Zinc: 0.18mg (1.23%), Vitamin B5: 0.12mg (1.22%)