



Bitterleaf salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



6

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large handful salad leaves curly endive
- ☐ 1 large handful arugula wild
- ☐ 1 large handful lambs lettuce
- ☐ 1 large handful radicchio thinly
- ☐ 4 tbsp olive oil extra virgin extra-virgin
- ☐ 1 juice of lemon

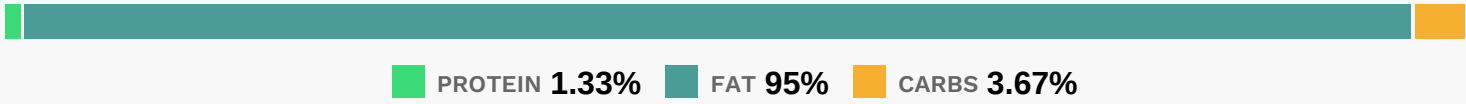
Equipment

- ☐ bowl

Directions

- ☐
- Mix the rocket, frise, lamb's lettuce and radicchio leaves in a large bowl.
- ☐
- Drizzle over about 4 tbsp extra virgin olive oil, squeeze over the juice of 1 lemon, then grind sea salt and black pepper on top. Toss with your hands until all the leaves glisten, then serve.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:2.4391304390586%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 86.48kcal (4.32%), Fat: 9.41g (14.47%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 0.82g (0.27%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.2g (0.22%), Cholesterol: 0mg (0%), Sodium: 1.62mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.59%), Vitamin A: 750.89IU (15.02%), Vitamin K: 10.17µg (9.69%), Vitamin E: 1.37mg (9.16%), Vitamin C: 6.05mg (7.34%), Manganese: 0.05mg (2.29%), Potassium: 61.59mg (1.76%), Iron: 0.31mg (1.73%), Vitamin B6: 0.03mg (1.52%), Folate: 5.82µg (1.46%)