



Burricotti with Chestnut Honey and Candied Spicy Walnuts

READY IN



45 min.

SERVINGS



4

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 4 teaspoons balsamic vinegar
- ☐ 16 candied spicy walnuts; 8 whole chopped
- ☐ 4 teaspoons honey
- ☐ 4 medium size radicchio thinly
- ☐ 7 ounces whole-milk ricotta cheese fresh
- ☐ 8 crackers whole wheat thick (round work best)

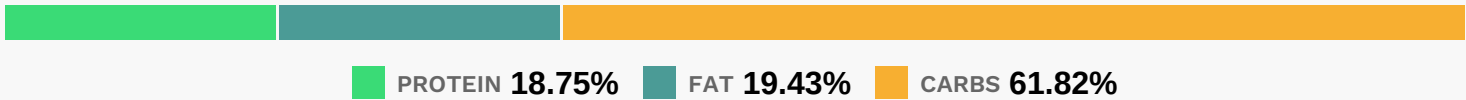
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Heat vinegar in large nonstick skillet over medium-high heat. Working in 2 batches if necessary, add radicchio leaves; flatten with spatula and cook until softened, about 30 seconds per side.
- ☐ Transfer to plate to cool. Tear each leaf in half.
- ☐ Place 2 crackers on each of 4 plates. Top each cracker with 1 radicchio leaf half. Spoon 2 tablespoons cheese atop radicchio on each cracker; drizzle 1/2 teaspoon honey over each. Top each with 1 Candied Spicy Walnut half.
- ☐ Sprinkle chopped candied walnuts over and serve.
- ☐ *Available exclusively from Gioia Cheese Company (626-444-6015).

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:3.43, Inflammation Score:-1, Nutrition Score:1.6960869804835%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 112.46kcal (5.62%), Fat: 2.3g (3.54%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 15.62g (5.68%), Sugar: 9.39g (10.43%), Cholesterol: 7.94mg (2.65%), Sodium: 113.86mg (4.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Calcium: 85.9mg (8.59%), Manganese: 0.14mg (7.13%), Vitamin K: 4.18µg (3.98%), Fiber: 0.86g (3.46%), Phosphorus: 21.49mg (2.15%), Iron: 0.35mg (1.95%), Magnesium: 7.47mg (1.87%), Copper: 0.03mg (1.62%), Vitamin B3: 0.29mg (1.44%), Zinc: 0.18mg (1.22%)