



## Cook the Book: Bittersweet Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



497 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1 Handful sprouts red (microgreens)
- ☐ 2 servings pepper black
- ☐ 2 servings blood orange juice as needed
- ☐ 2 blood oranges plain (or oranges)
- ☐ 2 servings sea salt
- ☐ 1.3 tablespoon juice of lemon
- ☐ 0.3 cup maple syrup
- ☐ 1 tablespoon olive oil

- ☐ 0.5 teaspoon orange-flower water
- ☐ 2 tbsp pinenuts toasted
- ☐ 1 pomegranate seeds
- ☐ 0.5 small radicchio thinly
- ☐ 0.8 cup ricotta cheese

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ mixing bowl
- ☐ sieve

## Directions

- ☐ Take each of the blood oranges in turn and use a small sharp knife to slice off the top and base. Now cut down the side of the orange, following its natural curve, to remove the skin and white pith. Over a small bowl, cut in between the membranes to remove the individual segments into a bowl. Squeeze all the juice from the membrane and skin into a small saucepan.
- ☐ Make up the juice in the pan to 7 tbsp with extra blood orange juice.
- ☐ Add the lemon juice, maple syrup and a pinch of salt and bring to a light simmer. Leave to reduce for 20 to 25 minutes, or until you are left with about 3 tablespoons of thick syrup. Strain it through a fine sieve and allow to cool down, then stir in the orange-flower water.
- ☐ Pull apart the radicchio leaves and tear them roughly into large pieces. Put into a mixing bowl.
- ☐ Add the Treviso leaves, oil and some salt and pepper, and toss gently. Divide the salad leaves between two serving plates. Dot with the orange segments, small red leaves and spoonfuls of ricotta, building the salad up.
- ☐ Drizzle with the orange syrup and finish with pine nuts and pomegranate seeds.

## Nutrition Facts



 PROTEIN 11.31%  FAT 46.83%  CARBS 41.86%

Properties

Glycemic Index:128.5, Glycemic Load:20.26, Inflammation Score:-8, Nutrition Score:26.934347950894%

Flavonoids

Cyanidin: 47.62mg, Cyanidin: 47.62mg, Cyanidin: 47.62mg, Cyanidin: 47.62mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 25.21mg, Hesperetin: 25.21mg, Hesperetin: 25.21mg, Hesperetin: 25.21mg Naringenin: 5.76mg, Naringenin: 5.76mg, Naringenin: 5.76mg, Naringenin: 5.76mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 14.28mg, Luteolin: 14.28mg, Luteolin: 14.28mg, Luteolin: 14.28mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 12.61mg, Quercetin: 12.61mg, Quercetin: 12.61mg, Quercetin: 12.61mg

Nutrients (% of daily need)

Calories: 497.43kcal (24.87%), Fat: 26.51g (40.78%), Saturated Fat: 9.25g (57.83%), Carbohydrates: 53.3g (17.77%), Net Carbohydrates: 51.56g (18.75%), Sugar: 40.79g (45.32%), Cholesterol: 47.43mg (15.81%), Sodium: 286.94mg (12.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.4g (28.8%), Vitamin C: 100.03mg (121.25%), Vitamin K: 111.7µg (106.38%), Manganese: 1.94mg (96.82%), Vitamin B2: 0.8mg (47.33%), Calcium: 275.53mg (27.55%), Phosphorus: 262.8mg (26.28%), Folate: 99.98µg (25%), Potassium: 750mg (21.43%), Selenium: 14.24µg (20.35%), Vitamin E: 3mg (20.02%), Copper: 0.39mg (19.49%), Magnesium: 73.91mg (18.48%), Vitamin B1: 0.26mg (17.37%), Zinc: 2.49mg (16.61%), Vitamin A: 822.81IU (16.46%), Iron: 1.74mg (9.64%), Vitamin B5: 0.79mg (7.94%), Vitamin B6: 0.16mg (7.86%), Vitamin B3: 1.47mg (7.36%), Fiber: 1.75g (6.99%), Vitamin B12: 0.32µg (5.27%), Vitamin D: 0.19µg (1.24%)