



Cook the Book: Grape, Almond and Radicchio Salad with Black Olives



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



264 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.5 cup olives black thinly sliced



0.3 cup olive oil



1 head radicchio thinly cut into bite-size pieces



4 servings pepper black freshly ground fine



0.5 cup almonds whole toasted chopped

Equipment

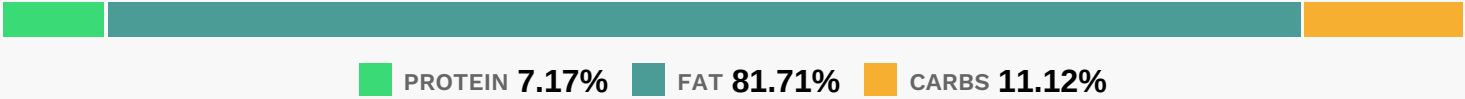


bowl

Directions

☐ Place the radicchio and endive in a large bowl and add the black olives, grapes and almonds. Dress the salad with the balsamic vinegar and olive oil and season with salt and pepper. Toss to coat and serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.17, Inflammation Score:-6, Nutrition Score:14.24608697062%

Flavonoids

Cyanidin: 89.33mg, Cyanidin: 89.33mg, Cyanidin: 89.33mg, Cyanidin: 89.33mg Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 26.7mg, Luteolin: 26.7mg, Luteolin: 26.7mg, Luteolin: 26.7mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 22.12mg, Quercetin: 22.12mg, Quercetin: 22.12mg, Quercetin: 22.12mg

Nutrients (% of daily need)

Calories: 263.66kcal (13.18%), Fat: 25.18g (38.74%), Saturated Fat: 2.93g (18.3%), Carbohydrates: 7.71g (2.57%), Net Carbohydrates: 4.26g (1.55%), Sugar: 1.29g (1.43%), Cholesterol: 0mg (0%), Sodium: 279.12mg (12.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.95%), Vitamin K: 187.03µg (178.12%), Vitamin E: 8.75mg (58.31%), Manganese: 0.52mg (25.89%), Copper: 0.44mg (22.22%), Magnesium: 59.39mg (14.85%), Fiber: 3.45g (13.79%), Vitamin B2: 0.22mg (13.22%), Folate: 50.39µg (12.6%), Phosphorus: 114.81mg (11.48%), Potassium: 350.98mg (10.03%), Calcium: 70.74mg (7.07%), Iron: 1.23mg (6.83%), Vitamin C: 5.6mg (6.79%), Zinc: 1mg (6.66%), Vitamin B3: 0.87mg (4.33%), Vitamin B6: 0.07mg (3.5%), Vitamin B1: 0.05mg (3.43%), Vitamin B5: 0.28mg (2.77%), Selenium: 1.52µg (2.17%), Vitamin A: 85.94IU (1.72%)