



Cook the Book: Radicchio, Turkey, and Snow Pea Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



604 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



4 ounces tuna canned flaked drained



2 tablespoons capers rinsed drained chopped



2 hardboiled eggs sliced



1 cup mayonnaise



4 servings olive oil for drizzling



2.5 cups radicchio thinly shredded



4 servings salt and pepper white

- ☐ 2.7 cups snow peas trimmed
- ☐ 1 tablespoon citrus champagne vinegar

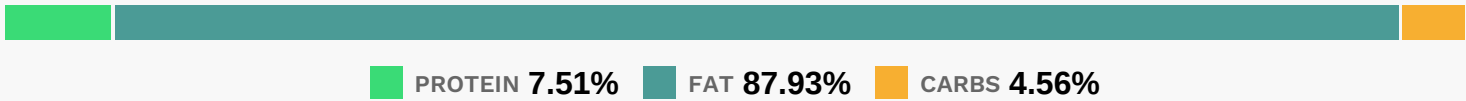
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Blanch the snow peas in a pan of salted boiling water for 3 – 4 minutes until just tender, then drain and set aside. To make the sauce, combine the tuna and mayonnaise in a bowl until creamy, then stir in the vinegar and capers.
- ☐ Put the turkey, radicchio, and snow peas into a salad bowl and mix, then drizzle with olive oil and season lightly with white pepper.
- ☐ Garnish with the slices of hard-cooked eggs, pour the tuna sauce over the salad, and serve.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.16, Inflammation Score:-7, Nutrition Score:18.596086833788%

Flavonoids

Cyanidin: 31.75mg, Cyanidin: 31.75mg, Cyanidin: 31.75mg, Cyanidin: 31.75mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 9.51mg, Luteolin: 9.51mg, Luteolin: 9.51mg, Luteolin: 9.51mg Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Quercetin: 14.78mg, Quercetin: 14.78mg, Quercetin: 14.78mg, Quercetin: 14.78mg

Nutrients (% of daily need)

Calories: 603.65kcal (30.18%), Fat: 59.03g (90.82%), Saturated Fat: 9.41g (58.84%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 4.83g (1.76%), Sugar: 3.38g (3.75%), Cholesterol: 126.98mg (42.33%), Sodium: 761.93mg (33.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.35g (22.7%), Vitamin K: 180.91µg (172.29%), Vitamin C: 41.39mg (50.17%), Selenium: 28.94µg (41.34%), Vitamin E: 5.06mg (33.73%), Vitamin A: 905IU (18.1%), Vitamin B12: 1.07µg (17.89%), Vitamin B3: 3.31mg (16.55%), Folate: 58.29µg (14.57%), Iron: 2.55mg (14.19%), Phosphorus: 138.93mg (13.89%), Vitamin B2: 0.23mg (13.35%), Vitamin B6: 0.25mg (12.26%), Manganese: 0.22mg (10.75%),

Vitamin B5: 1.05mg (10.46%), Copper: 0.18mg (8.99%), Vitamin B1: 0.13mg (8.89%), Potassium: 302mg (8.63%),
Fiber: 2.05g (8.21%), Magnesium: 29.99mg (7.5%), Vitamin D: 1µg (6.68%), Zinc: 0.88mg (5.86%), Calcium: 57.01mg
(5.7%)