



Endive and Radicchio Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 belgian endives
- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon sesame seed black
- ☐ 3 tablespoons canola oil
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 lb radicchio thinly
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup scallions finely chopped

- ☐ 1 teaspoon asian sesame oil
- ☐ 1 tablespoon sesame seed toasted
- ☐ 1 tablespoon sherry vinegar
- ☐ 0.5 teaspoon sugar

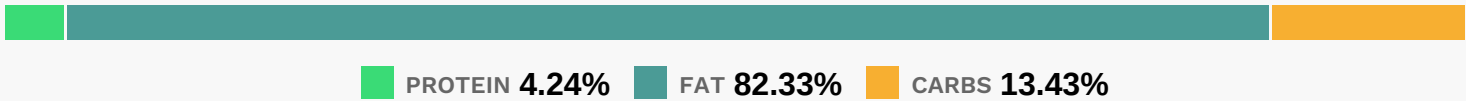
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Trim endives and halve lengthwise.
- ☐ Cut pieces in half crosswise, then cut lengthwise into 1/4-inch-wide strips.
- ☐ Cut radicchio in half and discard core, then cut lengthwise into 1/4-inch-wide strips. Soak radicchio and endives in a large bowl of very cold water to crisp, 10 minutes, then drain and dry.
- ☐ Whisk together mustard, vinegar, sugar, salt, pepper, grapeseed oil, and sesame oil in another large bowl until emulsified.
- ☐ Add endives, radicchio, scallions, and sesame seeds and toss until coated well.

Nutrition Facts



Properties

Glycemic Index:39.35, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:5.6921738904455%

Flavonoids

Cyanidin: 24mg, Cyanidin: 24mg, Cyanidin: 24mg, Cyanidin: 24mg Delphinidin: 1.45mg, Delphinidin: 1.45mg, Delphinidin: 1.45mg, Delphinidin: 1.45mg Luteolin: 7.18mg, Luteolin: 7.18mg, Luteolin: 7.18mg, Luteolin: 7.18mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg

Nutrients (% of daily need)

Calories: 91.21kcal (4.56%), Fat: 8.67g (13.33%), Saturated Fat: 0.75g (4.71%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 1.73g (0.63%), Sugar: 0.58g (0.65%), Cholesterol: 0mg (0%), Sodium: 227.06mg (9.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.01%), Vitamin K: 62.21µg (59.25%), Vitamin E: 1.7mg (11.33%), Copper: 0.15mg (7.7%), Manganese: 0.13mg (6.68%), Folate: 25.63µg (6.41%), Fiber: 1.45g (5.79%), Potassium: 139.28mg (3.98%), Vitamin C: 3.06mg (3.71%), Magnesium: 13.38mg (3.35%), Calcium: 30.46mg (3.05%), Iron: 0.54mg (3.02%), Phosphorus: 29.64mg (2.96%), Vitamin B1: 0.04mg (2.66%), Selenium: 1.68µg (2.4%), Zinc: 0.32mg (2.16%), Vitamin B6: 0.04mg (1.99%), Vitamin B2: 0.02mg (1.29%), Vitamin A: 57.17IU (1.14%), Vitamin B5: 0.1mg (1.03%), Vitamin B3: 0.2mg (1.02%)