



Fennel and Radicchio Salad with Olive Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



281 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup basil
- ☐ 1 tablespoon chives chopped
- ☐ 2 teaspoons dijon mustard
- ☐ 0.8 pound fennel bulb
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 2 teaspoons juice of lemon
- ☐ 3 tablespoons olive oil extra virgin extra-virgin

☐ 4 ounces radicchio thinly

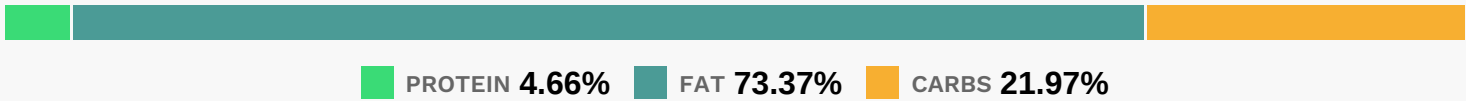
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ mandoline
- ☐ ziploc bags

Directions

- ☐ Whisk together, mustard, lemon juice, oil, and 1/8 teaspoon pepper in a large bowl until well blended. Stir in olives.
- ☐ Trim fennel bulb and remove tough outer layer. Halve bulb lengthwise, then thinly slice lengthwise using mandoline.
- ☐ Add fennel, radicchio, basil, and chives to vinaigrette in bowl and gently toss until evenly coated. Season with salt and pepper.
- ☐ •Vinaigrette can be made 1 day ahead (excluding olives) and kept chilled in an airtight container. Stir in olives when ready to use and re-season, if necessary, with more lemon juice, salt, and pepper. (Olives can be chopped ahead and kept in a separate container.)•If you prefer green olives, feel free to substitute them (the dressing will be just as tasty)•The radicchio and basil can be washed, spun dry, and prepared the night before and chilled in a sealable plastic bag lined with a dampened paper towel. Wash chives separately and pat dry; chop chives and keep chilled in a separate container.•The fennel can be sliced 3 hours ahead and kept chilled in a sealable plastic bag lined with a dampened paper towel.

Nutrition Facts



Properties

Glycemic Index:96, Glycemic Load:3.27, Inflammation Score:-7, Nutrition Score:16.56043473534%

Flavonoids

Cyanidin: 72mg, Cyanidin: 72mg, Cyanidin: 72mg, Cyanidin: 72mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Eriodictyol: 2.08mg, Eriodictyol: 2.08mg, Eriodictyol: 2.08mg, Eriodictyol: 2.08mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 21.66mg, Luteolin: 21.66mg, Luteolin: 21.66mg, Luteolin: 21.66mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 18.35mg, Quercetin: 18.35mg, Quercetin: 18.35mg, Quercetin: 18.35mg

Nutrients (% of daily need)

Calories: 281.17kcal (14.06%), Fat: 24.27g (37.35%), Saturated Fat: 3.45g (21.54%), Carbohydrates: 16.36g (5.45%), Net Carbohydrates: 9.7g (3.53%), Sugar: 7.35g (8.17%), Cholesterol: 0mg (0%), Sodium: 419.81mg (18.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.93%), Vitamin K: 280µg (266.67%), Vitamin E: 5.99mg (39.91%), Vitamin C: 28.31mg (34.32%), Fiber: 6.66g (26.62%), Potassium: 908.67mg (25.96%), Manganese: 0.46mg (23.23%), Folate: 85.42µg (21.35%), Copper: 0.34mg (17.21%), Phosphorus: 116.75mg (11.68%), Calcium: 113.25mg (11.32%), Iron: 1.97mg (10.93%), Magnesium: 43.39mg (10.85%), Vitamin A: 536.95IU (10.74%), Vitamin B3: 1.34mg (6.71%), Vitamin B6: 0.13mg (6.5%), Vitamin B5: 0.58mg (5.84%), Selenium: 3.58µg (5.11%), Zinc: 0.77mg (5.1%), Vitamin B2: 0.08mg (4.68%), Vitamin B1: 0.04mg (2.83%)