



Fennel, Radicchio and Endive Salad

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 head radicchio thinly
- ☐ 2 belgian endives
- ☐ 1 large fennel bulb
- ☐ 1 cup parmesan cheese grated
- ☐ 3 tablespoons fennel fronds chopped
- ☐ 0.5 teaspoon mustard
- ☐ 2 teaspoons shallots minced
- ☐ 2 tablespoons juice of lemon

- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup olive oil extra virgin

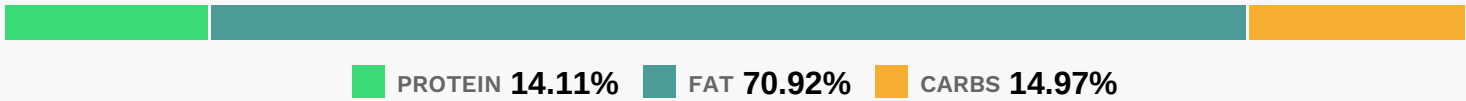
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Prepare the radicchio, endives, and fennel: Slice the head of radicchio in half, then in quarters. Take each quarter and cut slices of about 1/2 inch thick crosswise on the radicchio from the end toward the core. Discard the cores.
- ☐ Cut the Belgian endives into 1/2-inch thick slices, also discarding the hard inner cores.
- ☐ Cut the stems and fronds off the fennel and set aside. Slice the fennel bulb in half and then in quarters.
- ☐ Cut thin slices from each quarter toward the core.
- ☐ Cut out and discard the core.
- ☐ Toss all the cut vegetables in a large bowl with the grated parmesan.
- ☐ Make the vinaigrette: To make the vinaigrette, chop the fennel fronds you cut off the bulb and put 3 tablespoons worth into the bowl of a blender.
- ☐ Add the mustard, shallot or onion, lemon juice, salt and sugar. Pulse to combine. Scrape down the sides of the blender bowl and put the lid back on without the center stopper. Cover the stopper with your hand as you start the blender again.
- ☐ Drizzle in the olive oil and puree the dressing for 30–45 seconds.
- ☐ Pour the dressing over the radicchio, endives, and fennel and toss to combine.

Nutrition Facts



Properties

Glycemic Index:41.52, Glycemic Load:1.52, Inflammation Score:-5, Nutrition Score:11.995652191017%

Flavonoids

Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 17.74mg, Luteolin: 17.74mg, Luteolin: 17.74mg, Luteolin: 17.74mg Quercetin: 14.83mg, Quercetin: 14.83mg, Quercetin: 14.83mg, Quercetin: 14.83mg

Nutrients (% of daily need)

Calories: 203.93kcal (10.2%), Fat: 16.56g (25.48%), Saturated Fat: 4.47g (27.93%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 5.4g (1.96%), Sugar: 3.09g (3.43%), Cholesterol: 11.33mg (3.78%), Sodium: 694.28mg (30.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.82%), Vitamin K: 155.65µg (148.24%), Calcium: 233.47mg (23.35%), Vitamin E: 3.1mg (20.65%), Phosphorus: 163.37mg (16.34%), Vitamin C: 11.79mg (14.29%), Folate: 49.49µg (12.37%), Potassium: 393.83mg (11.25%), Copper: 0.21mg (10.31%), Fiber: 2.46g (9.84%), Manganese: 0.18mg (8.97%), Selenium: 4.69µg (6.7%), Magnesium: 23.7mg (5.93%), Zinc: 0.88mg (5.85%), Vitamin B2: 0.09mg (5.25%), Iron: 0.87mg (4.85%), Vitamin A: 210.68IU (4.21%), Vitamin B6: 0.08mg (3.79%), Vitamin B5: 0.34mg (3.44%), Vitamin B12: 0.2µg (3.33%), Vitamin B3: 0.5mg (2.49%), Vitamin B1: 0.03mg (2.13%)