



Frisée and Radish Salad with Hazelnut Dressing



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



202 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slices bacon
- ☐ 2 small heads frisée (10 ounces total)
- ☐ 2 ounces hazelnuts coarsely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 medium radishes thinly sliced
- ☐ 1 tablespoon red-wine vinegar
- ☐ 0.3 cup vegetable oil divided

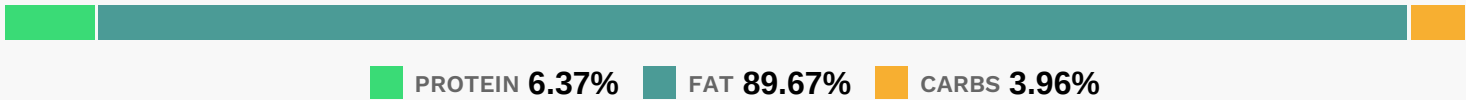
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ blender

Directions

- ☐ Heat 1 tablespoon oil in a small skillet over medium heat until it shimmers.
- ☐ Add hazelnuts and cook, stirring occasionally, until golden, 2 to 3 minutes. Cool slightly in skillet.
- ☐ Cook bacon in a large skillet over medium heat until crisp.
- ☐ Transfer to paper towels to drain and reserve 1 tablespoon bacon fat. Break bacon into 1-inch pieces.
- ☐ Purée hazelnuts (with any remaining cooking oil), vinegar, lemon juice, 1/4 teaspoon salt, remaining vegetable oil, and reserved bacon fat in a blender just until nuts are finely chopped (dressing will be thick and slightly chunky).
- ☐ Toss frisée, radishes, and bacon with dressing.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:5.4495651929275%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg,

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 202.33kcal (10.12%), Fat: 20.66g (31.78%), Saturated Fat: 3.76g (23.49%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.53g (0.58%), Cholesterol: 9.68mg (3.23%), Sodium: 98.51mg (4.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Manganese: 0.59mg (29.49%), Vitamin K: 19.07µg (18.16%), Vitamin E: 2.23mg (14.9%), Copper: 0.17mg (8.58%), Vitamin B1: 0.1mg (6.82%), Phosphorus: 49.61mg (4.96%), Vitamin B6: 0.1mg (4.78%), Selenium: 3.19µg (4.56%), Magnesium: 17.78mg (4.44%), Fiber: 0.98g (3.92%), Vitamin B3: 0.77mg (3.85%), Folate: 12.21µg (3.05%), Potassium: 104.46mg (2.98%), Iron: 0.53mg (2.95%), Zinc: 0.42mg (2.77%), Vitamin C: 2.05mg (2.48%), Vitamin B5: 0.18mg (1.8%), Vitamin B2: 0.02mg (1.43%), Calcium: 12.81mg (1.28%), Vitamin B12: 0.07µg (1.22%)