



Frisée, Radicchio, and Fennel Salad with Mustard Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 1 teaspoon dijon mustard coarse-grain
- ☐ 1 medium fennel bulb trimmed
- ☐ 0.5 cup mint leaves fresh
- ☐ 5 cups frisée
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 cup pinenuts

- ☐ 4 cups radicchio thinly halved thinly sliced
- ☐ 3 tablespoons red wine vinegar
- ☐ 8 servings salt
- ☐ 1 tablespoon shallots finely chopped

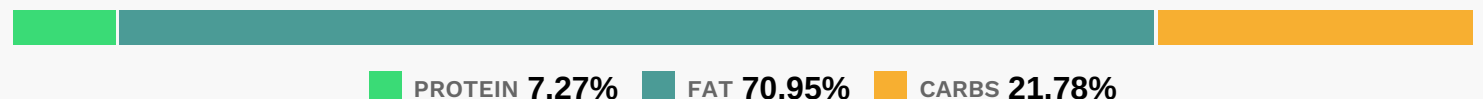
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mandoline
- ☐ ziploc bags

Directions

- ☐ Heat oven to 350°F with rack in middle.
- ☐ Spread pine nuts in a small baking sheet and bake until pale golden, about 8 minutes.
- ☐ Let cool.
- ☐ Using mandoline, thinly slice fennel bulb crosswise, beginning at base, into a large bowl, stopping about halfway up bulb (reserve remaining bulb for another use). Toss fennel with radicchio, frisée, and mint.
- ☐ Whisk together oil, vinegar, shallot, Dijon mustard, and 1/4 teaspoon each of salt and pepper in a small bowl.
- ☐ Toss salad well with vinaigrette and pine nuts. Season to taste, if necessary, with salt and pepper.
- ☐ •Pine nuts can be toasted 1 day ahead and kept at cool room temperature. •Frisée, radicchio, and mint can be washed, spun dry, and kept between slightly dampened towels in resealable plastic bags, 1 day ahead.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:0.62, Inflammation Score:-9, Nutrition Score:13.181304454803%

Flavonoids

Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg Eriodictyol: 1.19mg, Eriodictyol: 1.19mg, Eriodictyol: 1.19mg, Eriodictyol: 1.19mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 8.61mg, Luteolin: 8.61mg, Luteolin: 8.61mg, Luteolin: 8.61mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 100.23kcal (5.01%), Fat: 8.39g (12.91%), Saturated Fat: 1g (6.27%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 2.98g (1.08%), Sugar: 1.75g (1.94%), Cholesterol: 0mg (0%), Sodium: 236.02mg (10.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.87%), Vitamin K: 167.99µg (159.99%), Vitamin A: 1952.9IU (39.06%), Manganese: 0.64mg (32.2%), Vitamin C: 13.67mg (16.57%), Vitamin E: 2.48mg (16.54%), Folate: 59.4µg (14.85%), Copper: 0.25mg (12.41%), Fiber: 2.81g (11.24%), Potassium: 362.66mg (10.36%), Magnesium: 30.75mg (7.69%), Phosphorus: 65.66mg (6.57%), Iron: 1.08mg (5.98%), Calcium: 58.7mg (5.87%), Vitamin B5: 0.51mg (5.13%), Zinc: 0.63mg (4.2%), Vitamin B2: 0.06mg (3.77%), Vitamin B6: 0.07mg (3.53%), Vitamin B3: 0.63mg (3.17%), Vitamin B1: 0.04mg (2.97%), Selenium: 0.74µg (1.06%)