



Frisée, Radicchio and Mixed Green Salad with Shrimp and Mushrooms



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



95 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups salad leaves curly endive
- ☐ 3 tablespoons tarragon fresh minced
- ☐ 6 cups the salad mixed
- ☐ 12 ounces mushrooms wild assorted stemmed sliced (such as crimini and shiitake)
- ☐ 0.7 cup olive oil extra virgin extra-virgin
- ☐ 1 head radicchio thinly
- ☐ 3 tablespoons raspberry vinegar

- ☐ 2 tablespoons shallots minced
- ☐ 1 pound shrimp deveined cooked

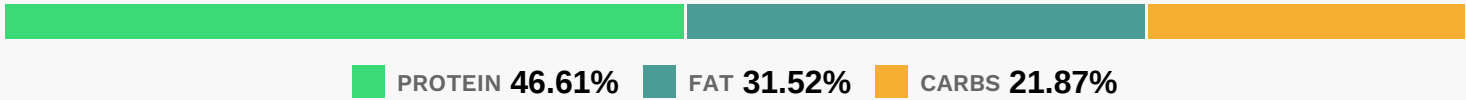
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk vinegar, tarragon and shallot in small bowl to blend. Gradually whisk in 2/3 cup oil. Season vinaigrette to taste with salt and pepper. (Can be made 1 day ahead. Cover and chill. Bring to room temperature and rewhisk before using.)
- ☐ Heat remaining 2 tablespoons oil in large nonstick skillet over medium-high heat.
- ☐ Add mushrooms and sauté until tender, about 10 minutes. Season to taste with salt and pepper. Cool.
- ☐ Combine shrimp, baby greens, frisée, radicchio and mushrooms in large bowl.
- ☐ Add vinaigrette and toss to coat. Season salad with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:17.2, Glycemic Load:0.97, Inflammation Score:-8, Nutrition Score:14.523478349266%

Flavonoids

Cyanidin: 35.56mg, Cyanidin: 35.56mg, Cyanidin: 35.56mg, Cyanidin: 35.56mg Delphinidin: 2.15mg, Delphinidin: 2.15mg, Delphinidin: 2.15mg, Delphinidin: 2.15mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 11.07mg, Luteolin: 11.07mg, Luteolin: 11.07mg, Luteolin: 11.07mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 10.12mg, Quercetin: 10.12mg, Quercetin: 10.12mg, Quercetin: 10.12mg

Nutrients (% of daily need)

Calories: 94.96kcal (4.75%), Fat: 3.53g (5.43%), Saturated Fat: 0.53g (3.34%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 3.9g (1.42%), Sugar: 1.16g (1.29%), Cholesterol: 73.03mg (24.34%), Sodium: 78.9mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.74g (23.47%), Vitamin K: 132.67µg (126.35%), Vitamin A: 1511.88IU (30.24%), Copper: 0.47mg (23.42%), Manganese: 0.38mg (18.75%), Vitamin C: 14.53mg (17.62%), Phosphorus: 164.42mg (16.44%), Folate: 59.9µg (14.97%), Potassium: 511.18mg (14.61%), Vitamin B2: 0.21mg (12.07%), Vitamin E: 1.5mg (10.02%), Magnesium: 39.15mg (9.79%), Iron: 1.62mg (9.02%), Vitamin B3: 1.72mg (8.62%), Vitamin B5: 0.85mg (8.51%), Calcium: 83.49mg (8.35%), Zinc: 1.18mg (7.9%), Vitamin B6: 0.15mg (7.45%), Fiber: 1.61g (6.45%), Selenium: 3.69µg (5.28%), Vitamin B1: 0.06mg (3.85%)