



HEALTH SCORE

52%

Grilled Fennel and Radicchio



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



96 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup olive oil extra virgin
- ☐ 4 fennel bulbs
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup orange juice
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 3 heads radicchio thinly
- ☐ 0.8 teaspoon salt
- ☐ 1.5 teaspoons sugar

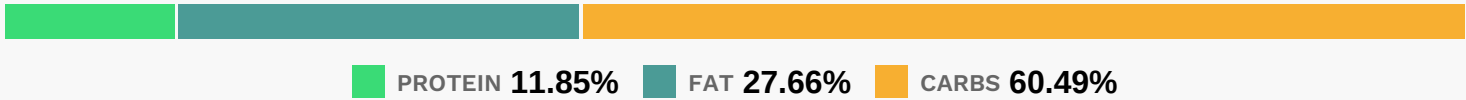
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Cut fennel bulbs lengthwise into 1/2-inch-thick slices, keeping core (root end) intact.
- ☐ Cut radicchio into eighths, keeping core (root end) intact.
- ☐ Place fennel and radicchio in a single layer in an aluminum foil-lined jelly-roll pan.
- ☐ Whisk together orange juice, next 3 ingredients, and 1/2 tsp. salt. Gradually whisk in oil. Reserve 1/2 cup vinaigrette for later use.
- ☐ Drizzle remaining vinaigrette over fennel and radicchio, and sprinkle with remaining 1/4 tsp. salt.
- ☐ Let stand 5 minutes.
- ☐ Coat cold cooking grate with cooking spray, and place on grill. Preheat grill to 350 to 400 (medium-high).
- ☐ Place fennel on cooking grate, and grill, covered with grill lid, 5 to 7 minutes on each side; remove fennel.
- ☐ Add radicchio, and grill, covered with grill lid, 1 to 2 minutes. Toss fennel and radicchio with reserved 1/2 cup vinaigrette.

Nutrition Facts



Properties

Glycemic Index:28.64, Glycemic Load:3.64, Inflammation Score:-7, Nutrition Score:14.939565181732%

Flavonoids

Cyanidin: 133.34mg, Cyanidin: 133.34mg, Cyanidin: 133.34mg, Cyanidin: 133.34mg Delphinidin: 8.06mg, Delphinidin: 8.06mg, Delphinidin: 8.06mg, Delphinidin: 8.06mg Eriodictyol: 1.29mg, Eriodictyol: 1.29mg, Eriodictyol: 1.29mg, Eriodictyol: 1.29mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 39.9mg, Luteolin: 39.9mg, Luteolin: 39.9mg, Luteolin: 39.9mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 33.41mg, Quercetin: 33.41mg, Quercetin: 33.41mg, Quercetin: 33.41mg

Nutrients (% of daily need)

Calories: 95.58kcal (4.78%), Fat: 3.24g (4.98%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 15.93g (5.31%), Net Carbohydrates: 11.28g (4.1%), Sugar: 7.29g (8.1%), Cholesterol: 0mg (0%), Sodium: 302.32mg (13.14%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Vitamin K: 343.08µg (326.75%), Vitamin C: 30.42mg (36.88%), Folate: 99.28µg (24.82%), Potassium: 837.24mg (23.92%), Vitamin E: 3.45mg (22.99%), Copper: 0.45mg (22.31%), Manganese: 0.4mg (19.98%), Fiber: 4.65g (18.6%), Phosphorus: 104.48mg (10.45%), Magnesium: 35.65mg (8.91%), Iron: 1.53mg (8.48%), Calcium: 81.07mg (8.11%), Vitamin B6: 0.13mg (6.54%), Zinc: 0.9mg (6.02%), Vitamin B5: 0.59mg (5.9%), Vitamin B3: 1.09mg (5.43%), Vitamin A: 216.88IU (4.34%), Vitamin B2: 0.07mg (4.28%), Vitamin B1: 0.04mg (2.94%), Selenium: 1.9µg (2.71%)