



Grilled Fennel and Radicchio Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



174 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 servings garnish: fennel sprigs
- ☐ 4 fennel bulbs
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup orange juice
- ☐ 0.3 cup orange marmalade
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 head radicchio thinly separated

- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon citrus champagne vinegar

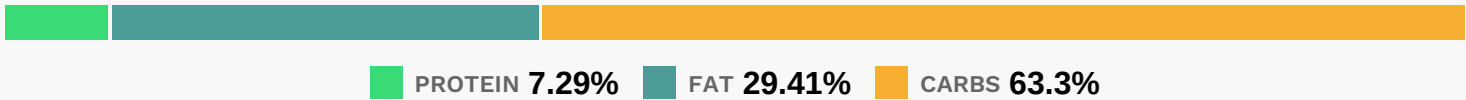
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Cut fennel bulbs vertically into 1/2-inch slices. Blanch fennel in boiling water 3 minutes or just until crisp-tender; drain.
- ☐ Combine fennel and radicchio in a large bowl; set aside.
- ☐ Combine orange juice and next 6 ingredients in a jar. Cover tightly, and shake vigorously. Chill 1/4 cup vinaigrette; pour remaining vinaigrette over fennel and radicchio, tossing gently to coat.
- ☐ Let fennel mixture stand 15 minutes; drain.
- ☐ Grill fennel, covered with grill lid, over medium-hot coals (350 to 400 degrees F) 4 to 5 minutes, turning once.
- ☐ Remove fennel from grill, and set aside. Grill radicchio, covered with grill lid, 2 minutes or until crisp-tender. Toss fennel and radicchio with reserved vinaigrette; garnish, if desired.
- ☐ Serve immediately.
- ☐ Note: Don't core fennel before grilling. The core will hold the slices of fennel together so they won't fall through the grill rack.

Nutrition Facts



Properties

Glycemic Index:40.8, Glycemic Load:5, Inflammation Score:-7, Nutrition Score:16.501304408778%

Flavonoids

Cyanidin: 71.11mg, Cyanidin: 71.11mg, Cyanidin: 71.11mg, Cyanidin: 71.11mg Delphinidin: 4.3mg, Delphinidin: 4.3mg, Delphinidin: 4.3mg, Delphinidin: 4.3mg Eriodictyol: 2.07mg, Eriodictyol: 2.07mg, Eriodictyol: 2.07mg, Eriodictyol: 2.07mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Luteolin: 21.28mg, Luteolin: 21.28mg, Luteolin: 21.28mg, Luteolin: 21.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.16mg, Quercetin: 18.16mg, Quercetin: 18.16mg, Quercetin: 18.16mg

Nutrients (% of daily need)

Calories: 173.85kcal (8.69%), Fat: 6.18g (9.5%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 23.35g (8.49%), Sugar: 19.43g (21.59%), Cholesterol: 0mg (0%), Sodium: 352.52mg (15.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.89%), Vitamin K: 264.57µg (251.97%), Vitamin C: 40.62mg (49.24%), Potassium: 1011.2mg (28.89%), Fiber: 6.55g (26.2%), Manganese: 0.48mg (23.91%), Folate: 93.35µg (23.34%), Vitamin E: 3.19mg (21.23%), Copper: 0.35mg (17.29%), Phosphorus: 123.59mg (12.36%), Calcium: 114.66mg (11.47%), Magnesium: 42.92mg (10.73%), Iron: 1.84mg (10.24%), Vitamin B6: 0.15mg (7.43%), Vitamin B3: 1.46mg (7.32%), Vitamin A: 327.48IU (6.55%), Vitamin B5: 0.65mg (6.45%), Vitamin B2: 0.09mg (5.23%), Zinc: 0.76mg (5.06%), Vitamin B1: 0.05mg (3.56%), Selenium: 2.12µg (3.03%)