



HEALTH SCORE

77%

Grilled Lettuces



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



16 min.

SERVINGS



6

CALORIES



82 kcal

SIDE DISH

Ingredients



2 tablespoons balsamic vinegar



3 heads belgian endive halved lengthwise



2 tablespoons olive oil



1 large head radicchio thinly cut into 6 to 8 wedges



1 head romaine lettuce quartered



6 servings salt and pepper black freshly ground

Equipment



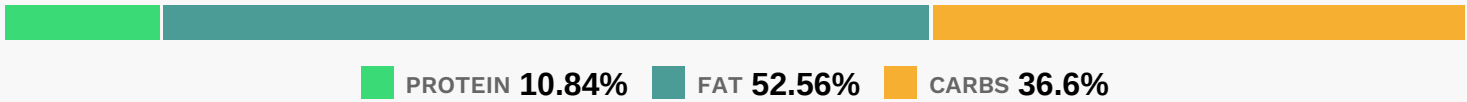
bowl

☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Prepare the barbecue (medium–high heat).
- ☐ Drizzle 1 tablespoon of oil over the endive, radicchio and romaine, then sprinkle with salt and pepper. Grill the lettuces until they are crisp–tender and browned in spots, turning occasionally, about 6 minutes. Coarsely chop the lettuces, then toss them in a large bowl with the remaining oil and vinegar. Season the salad, to taste, with more salt and pepper.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.47, Inflammation Score:-10, Nutrition Score:16.734347825465%

Flavonoids

Cyanidin: 74.08mg, Cyanidin: 74.08mg, Cyanidin: 74.08mg, Cyanidin: 74.08mg Delphinidin: 4.48mg, Delphinidin: 4.48mg, Delphinidin: 4.48mg, Delphinidin: 4.48mg Luteolin: 22.21mg, Luteolin: 22.21mg, Luteolin: 22.21mg, Luteolin: 22.21mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 20.68mg, Quercetin: 20.68mg, Quercetin: 20.68mg, Quercetin: 20.68mg

Nutrients (% of daily need)

Calories: 81.86kcal (4.09%), Fat: 5.16g (7.93%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 8.08g (2.69%), Net Carbohydrates: 4.52g (1.64%), Sugar: 2.39g (2.66%), Cholesterol: 0mg (0%), Sodium: 23.05mg (1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin K: 258.66µg (246.35%), Vitamin A: 9111.42IU (182.23%), Folate: 186.72µg (46.68%), Manganese: 0.29mg (14.42%), Fiber: 3.56g (14.25%), Potassium: 497.13mg (14.2%), Vitamin E: 2.13mg (14.18%), Copper: 0.27mg (13.26%), Vitamin C: 9.58mg (11.61%), Iron: 1.48mg (8.24%), Vitamin B1: 0.1mg (6.73%), Magnesium: 25.65mg (6.41%), Phosphorus: 62.69mg (6.27%), Vitamin B6: 0.12mg (6.09%), Vitamin B2: 0.09mg (5.5%), Calcium: 52.48mg (5.25%), Zinc: 0.65mg (4.33%), Vitamin B5: 0.34mg (3.45%), Vitamin B3: 0.52mg (2.59%), Selenium: 1µg (1.43%)