



Grilled Radicchio and Kale, Sauerkraut Style



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 0.5 cup canola oil plus more for brushing
- ☐ 0.5 teaspoon caraway seeds
- ☐ 8 juniper berries
- ☐ 2 kale cold
- ☐ 8 servings pepper black freshly ground
- ☐ 3 heads radicchio thinly halved lengthwise
- ☐ 1 large shallots chopped

- ☐ 1 tablespoons sugar to taste
- ☐ 3 thyme sprigs fresh
- ☐ 0.5 teaspoon mustard seeds yellow

Equipment

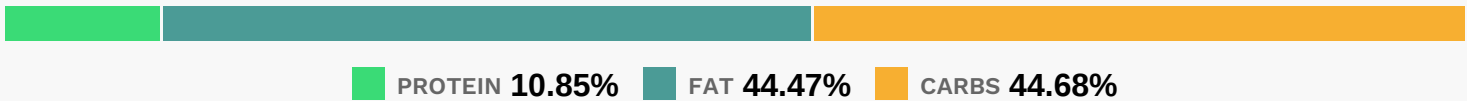
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat 1 tablespoon of the oil in a small saucepan over medium heat.
- ☐ Add the shallot and cook until soft, about 2 minutes.
- ☐ Add the vinegar, juniper berries, caraway seeds, mustard seeds, thyme, sugar, 1 teaspoon salt, and 1/4 teaspoon pepper. Bring to a boil and cook until the sugar and salt are dissolved, 1 to 2 minutes.
- ☐ Remove from the heat.
- ☐ Let sit for 15 minutes then strain into a small bowl, discarding the solids. Slowly whisk in the remaining 1/2 cup oil until emulsified.
- ☐ Heat your grill to high for direct grilling.
- ☐ Brush the cut sides of the radicchio with oil and season with salt and pepper. Grill, cut side down, until golden brown and slightly charred, 2 to 3 minutes.
- ☐ Brush the tops with oil, flip over the radicchio, and continue grilling until just heated through, 2 to 3 minutes longer.
- ☐ Remove from the grill. Thinly slice the radicchio and put it in a bowl.
- ☐ Remove the kale from the water and shake gently to get some of the water off. Season with salt and pepper and place on the grill. Cook until slightly wilted and charred on all sides, about 30 seconds per side.
- ☐ Remove from the grill. Thinly slice and add to the radicchio.
- ☐ Add the dressing to the radicchio and kale and toss to coat.

- ☐ Let sit at room temperature for 30 minutes to allow the flavors to meld.
- ☐ Reprinted with permission from Bobby Flay's Barbecue
- ☐ Addiction by Bobby Flay with Stephanie Banyas and Sally Jackson, © 2013 Clarkson Potter
- ☐ Bobby Flay, a New York Times bestselling author, is the chef-owner of six fine-dining restaurants, including Mesa Grill, Bar Americain, and Bobby Flay Steak, and numerous Bobby's Burger Palaces. He is the host of many popular cooking shows on Food Network, from the Emmy-winning Bobby Flay's Barbecue
- ☐ Addiction, Grill It! with Bobby Flay, and Boy Meets Grill, to the Iron Chef America series, Throwdown! with Bobby Flay, and Food Network Star.

Nutrition Facts



Properties

Glycemic Index:31.14, Glycemic Load:1.26, Inflammation Score:-9, Nutrition Score:10.384347760159%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 40.05mg, Luteolin: 40.05mg, Luteolin: 40.05mg, Luteolin: 40.05mg Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Quercetin: 33.71mg, Quercetin: 33.71mg, Quercetin: 33.71mg, Quercetin: 33.71mg

Nutrients (% of daily need)

Calories: 63.32kcal (3.17%), Fat: 3.22g (4.96%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 5.98g (2.17%), Sugar: 2.47g (2.74%), Cholesterol: 0mg (0%), Sodium: 25.79mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Vitamin K: 280.67µg (267.3%), Vitamin E: 2.9mg (19.31%), Copper: 0.37mg (18.47%), Folate: 66.27µg (16.57%), Vitamin C: 11.86mg (14.37%), Manganese: 0.23mg (11.74%), Potassium: 354.73mg (10.14%), Vitamin A: 322.08IU (6.44%), Fiber: 1.31g (5.22%), Phosphorus: 49.4mg (4.94%), Zinc: 0.71mg (4.71%), Iron: 0.82mg (4.57%), Magnesium: 17.75mg (4.44%), Vitamin B6: 0.08mg (3.87%), Calcium: 32.47mg (3.25%), Vitamin B5: 0.3mg (2.98%), Vitamin B2: 0.04mg (2.52%), Selenium: 1.44µg (2.06%), Vitamin B3: 0.33mg (1.64%), Vitamin B1: 0.02mg (1.6%)