



Grilled Radicchio and Walnut Salad

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



5

CALORIES



262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon honey
- 2 tablespoons olive oil
- 1 orange zest
- 2 oranges peeled
- 2 heads radicchio thinly cut in half
- 0.3 teaspoon salt
- 5 servings salt and pepper black freshly ground

- 1 cup walnuts toasted
- 3 tablespoons citrus champagne vinegar

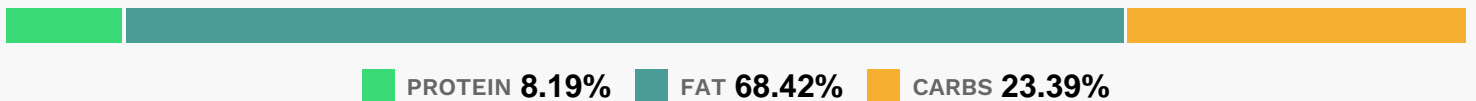
Equipment

- bowl
- whisk
- grill

Directions

- For the dressing: In a small bowl, whisk together the vinegar, olive oil, orange zest, honey, salt, and pepper. Set aside.
- For the salad: Spray the grill rack with nonstick, nonflammable cooking spray. Preheat the grill to medium-high heat.
- Grill the radicchio until browned, about 2 minutes per side. Cool completely.
- Chop the grilled radicchio into bite-size pieces. In a medium bowl, combine the chopped radicchio, orange sections, and walnuts.
- Add the dressing, and toss gently to coat.
- Add salt and pepper, to taste, if needed.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:3.05, Inflammation Score:-8, Nutrition Score:18.11956540398%

Flavonoids

Cyanidin: 142.86mg, Cyanidin: 142.86mg, Cyanidin: 142.86mg, Cyanidin: 142.86mg Delphinidin: 8.6mg, Delphinidin: 8.6mg, Delphinidin: 8.6mg, Delphinidin: 8.6mg Hesperetin: 14.28mg, Hesperetin: 14.28mg, Hesperetin: 14.28mg, Hesperetin: 14.28mg Naringenin: 8.03mg, Naringenin: 8.03mg, Naringenin: 8.03mg, Naringenin: 8.03mg Luteolin: 42.64mg, Luteolin: 42.64mg, Luteolin: 42.64mg, Luteolin: 42.64mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg

0.08mg Quercetin: 35.53mg, Quercetin: 35.53mg, Quercetin: 35.53mg, Quercetin: 35.53mg

Nutrients (% of daily need)

Calories: 261.72kcal (13.09%), Fat: 21.21g (32.63%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 16.31g (5.44%), Net Carbohydrates: 12.17g (4.43%), Sugar: 7.33g (8.15%), Cholesterol: 0mg (0%), Sodium: 142.38mg (6.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.43%), Vitamin K: 289.93µg (276.12%), Manganese: 1mg (49.88%), Vitamin C: 40.46mg (49.04%), Copper: 0.78mg (39.2%), Folate: 106.63µg (26.66%), Vitamin E: 3.6mg (24.03%), Fiber: 4.14g (16.56%), Potassium: 548.34mg (15.67%), Magnesium: 58.03mg (14.51%), Phosphorus: 134.7mg (13.47%), Vitamin B6: 0.23mg (11.3%), Zinc: 1.47mg (9.79%), Vitamin B1: 0.15mg (9.76%), Iron: 1.49mg (8.27%), Calcium: 70.67mg (7.07%), Vitamin B5: 0.58mg (5.81%), Vitamin B2: 0.09mg (5.32%), Vitamin B3: 0.72mg (3.61%), Selenium: 2.46µg (3.52%), Vitamin A: 163.99IU (3.28%)