



Grilled Radicchio Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

11 min.

SERVINGS

servings

4

CALORIES

calories

180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings balsamic vinegar for drizzling, 1 1/2 tablespoons
- ☐ 15 ounces beets drained sliced canned
- ☐ 2 tablespoons oil extra-virgin for drizzling
- ☐ 2 heads radicchio thinly medium to large
- ☐ 0.3 onion red very thinly sliced
- ☐ 4 servings salt and pepper black freshly ground

Equipment

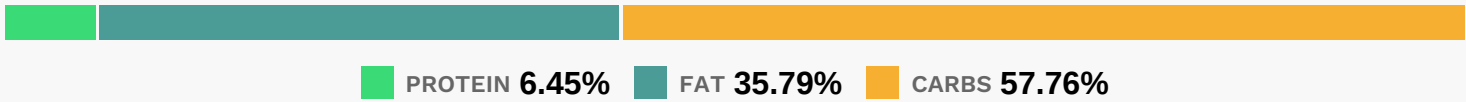
- ☐ grill

☐ grill pan

Directions

- ☐ Preheat a grill pan over high heat.
- ☐ Pour a couple of tablespoons of extra-virgin olive oil into a small dish. Slice radicchio heads into quarters and remove core.
- ☐ Brush quarter heads with oil on both sides and grill wedges 3 minutes or so on each side. Season with salt and pepper. Arrange wedges of grilled radicchio on a platter. Pile sliced beets at the center of the platter.
- ☐ Sprinkle platter with red onion and drizzle salad with balsamic vinegar and oil. Adjust salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:1.52, Inflammation Score:-7, Nutrition Score:13.927826124689%

Flavonoids

Cyanidin: 177.79mg, Cyanidin: 177.79mg, Cyanidin: 177.79mg, Cyanidin: 177.79mg Delphinidin: 10.75mg, Delphinidin: 10.75mg, Delphinidin: 10.75mg, Delphinidin: 10.75mg Luteolin: 53.17mg, Luteolin: 53.17mg, Luteolin: 53.17mg, Luteolin: 53.17mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 45.51mg, Quercetin: 45.51mg, Quercetin: 45.51mg, Quercetin: 45.51mg

Nutrients (% of daily need)

Calories: 180.26kcal (9.01%), Fat: 7.45g (11.45%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 27.03g (9.01%), Net Carbohydrates: 24.78g (9.01%), Sugar: 15.22g (16.91%), Cholesterol: 0mg (0%), Sodium: 193.18mg (8.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.03%), Vitamin K: 362.5µg (345.24%), Copper: 0.61mg (30.44%), Vitamin E: 4.46mg (29.7%), Folate: 114.03µg (28.51%), Manganese: 0.47mg (23.48%), Vitamin C: 14.15mg (17.16%), Potassium: 574.34mg (16.41%), Magnesium: 36.93mg (9.23%), Fiber: 2.25g (9.01%), Phosphorus: 79.26mg (7.93%), Zinc: 1.17mg (7.8%), Iron: 1.37mg (7.63%), Vitamin B6: 0.14mg (7.07%), Vitamin B2: 0.09mg (5.43%), Vitamin B5: 0.53mg (5.32%), Calcium: 44.64mg (4.46%), Selenium: 2.36µg (3.37%), Vitamin B3: 0.63mg (3.16%), Vitamin B1: 0.04mg (2.42%), Vitamin A: 90.58IU (1.81%)