



Grilled Radicchio Salad



Gluten Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 heads radicchio thinly quartered
- ☐ 0.5 cup olive oil extra virgin plus more to coat radicchio
- ☐ 0.3 cup balsamic vinegar
- ☐ 1 teaspoon salt
- ☐ 3 garlic cloves chopped
- ☐ 0.5 teaspoon mustard
- ☐ 4 servings salt and pepper black
- ☐ 4 servings parmesan cheese for garnish

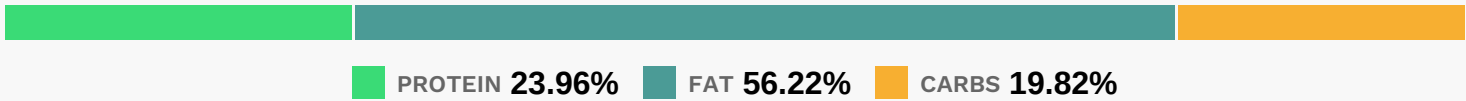
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ grill

Directions

- ☐ Put the salt, garlic, mustard and balsamic vinegar into a food processor or blender and pulse to combine. With the motor running, drizzle in the olive oil slowly until the dressing comes together.
- ☐ Prepare your grill for high, direct heat.
- ☐ Coat quartered radicchio with olive oil and sprinkle with salt.
- ☐ Grill the radicchio over high heat, uncovered. Keep an eye on them, as they blacken quickly. You want a little blackening, but not a cinder.
- ☐ When they're done, move to a bowl and bring inside to chop.
- ☐ Chop the radicchio quarters into bite-sized pieces and toss with the dressing and some black pepper.
- ☐ Serve hot or at room temperature, garnished with grated pecorino or parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:1.83, Inflammation Score:-8, Nutrition Score:15.785652181377%

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 Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 53.2mg, Luteolin: 53.2mg, Luteolin: 53.2mg, Luteolin: 53.2mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 44.15mg, Quercetin: 44.15mg, Quercetin: 44.15mg, Quercetin: 44.15mg

Nutrients (% of daily need)

Calories: 215.29kcal (10.76%), Fat: 13.53g (20.82%), Saturated Fat: 5.76g (35.97%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 9.4g (3.42%), Sugar: 3.49g (3.88%), Cholesterol: 20.4mg (6.8%), Sodium: 1297.59mg (56.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.97g (25.95%), Vitamin K: 360.81µg (343.63%), Calcium: 391.1mg (39.11%), Phosphorus: 271.35mg (27.13%), Vitamin E: 4.01mg (26.74%), Copper: 0.5mg (24.95%), Folate: 86.21µg (21.55%), Vitamin C: 11.9mg (14.43%), Potassium: 478.42mg (13.67%), Manganese: 0.26mg (13.12%), Selenium: 8.54µg (12.21%), Zinc: 1.74mg (11.59%), Magnesium: 34.19mg (8.55%), Vitamin B2: 0.14mg (8.33%), Iron: 1.24mg (6.91%), Vitamin B6: 0.14mg (6.77%), Vitamin B12: 0.36µg (6%), Vitamin A: 272.75IU (5.45%), Fiber: 1.33g (5.34%), Vitamin B5: 0.53mg (5.28%), Vitamin B1: 0.04mg (2.65%), Vitamin B3: 0.46mg (2.29%)