



HEALTH SCORE

83%

Grilled Radicchio Salad with Sherry-Mustard Dressing



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 6 spring onion trimmed
- ☐ 1 teaspoon honey
- ☐ 3 tablespoons olive oil extra virgin extra-virgin for drizzling
- ☐ 1 medium head radicchio thinly with some core still attached to each piece quartered
- ☐ 1 large head red-leaf lettuce red with some core still attached to each piece quartered

- ☐ 1 head the of 1 cos lettuce with some core still attached to each piece quartered
- ☐ 1 tablespoon sherry vinegar

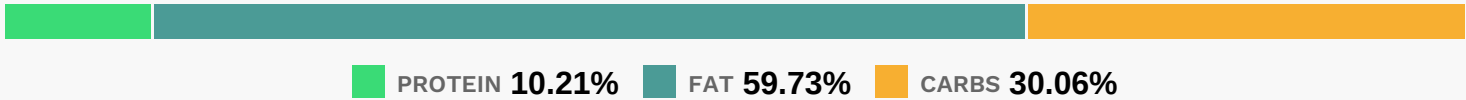
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk 3 tablespoons olive oil and next 4 ingredients. Season with salt and pepper.
- ☐ Arrange green onions, lettuces, and radicchio on baking sheets.
- ☐ Drizzle lightly with oil.
- ☐ Sprinkle with salt and pepper.
- ☐ Prepare barbecue (medium-high heat). Grill vegetables until beginning to wilt, 1 minute per side for red leaf lettuce, 1 1/2 minutes per side for romaine, 2 minutes per side for green onions, and 3 minutes per side for radicchio.
- ☐ Transfer vegetables to baking sheets.
- ☐ Cut cores from all grilled greens.
- ☐ Cut grilled radicchio crosswise into 1-inch-wide strips.
- ☐ Cut grilled lettuces crosswise into 2-inch-wide strips; chop green onions.
- ☐ Place vegetables in large bowl.
- ☐ Drizzle with dressing; toss to coat.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:0.69, Inflammation Score:-10, Nutrition Score:17.884782594183%

Flavonoids

Cyanidin: 60.88mg, Cyanidin: 60.88mg, Cyanidin: 60.88mg, Cyanidin: 60.88mg Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 18.27mg, Luteolin: 18.27mg, Luteolin: 18.27mg, Luteolin: 18.27mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 22.24mg, Quercetin: 22.24mg, Quercetin: 22.24mg, Quercetin: 22.24mg

Nutrients (% of daily need)

Calories: 105.95kcal (5.3%), Fat: 7.62g (11.73%), Saturated Fat: 1.06g (6.61%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 5.17g (1.88%), Sugar: 3.03g (3.37%), Cholesterol: 0mg (0%), Sodium: 52.17mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.87%), Vitamin K: 327.12µg (311.54%), Vitamin A: 13084.38IU (261.69%), Folate: 196.35µg (49.09%), Manganese: 0.36mg (17.99%), Vitamin E: 2.35mg (15.65%), Potassium: 532.71mg (15.22%), Vitamin C: 12.15mg (14.73%), Fiber: 3.46g (13.85%), Iron: 2.16mg (12%), Copper: 0.24mg (11.78%), Vitamin B1: 0.13mg (8.36%), Vitamin B6: 0.16mg (8.21%), Vitamin B2: 0.13mg (7.88%), Magnesium: 30.21mg (7.55%), Phosphorus: 70.92mg (7.09%), Calcium: 70.41mg (7.04%), Zinc: 0.69mg (4.62%), Vitamin B5: 0.36mg (3.63%), Vitamin B3: 0.69mg (3.43%), Selenium: 2.26µg (3.23%)