



## Grilled Radicchio Wedge Salad with Lentils, Honey & Spiced Walnuts

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



584 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 cup honey
- ☐ 1 cup puy lentils
- ☐ 2 tablespoon olive oil
- ☐ 4 servings pecorino cheese shaved to taste thin
- ☐ 0.3 teaspoon alpeppo pepper (or other type chili powder)
- ☐ 0.3 teaspoon pepper flakes red crushed

- ☐ 2 tablespoon red wine vinegar plus more for drizzling
- ☐ 4 servings salt & pepper as needed
- ☐ 0.5 cup walnuts

## Equipment


- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ grill pan

## Directions

- ☐ Prepare the walnuts: Preheat oven to 325 degrees F. In a bowl combine, honey, alpeppo pepper, tumeric and ¼ teaspoon salt. Stir until well incorporated.
- ☐ Pour half the honey mixture into a new bowl and set aside for the lentils.
- ☐ Add the walnuts to the remaining honey and mix to coat the nuts well.
- ☐ Spread the nuts onto a parchment lined baking sheet in as close to a single layer as possible.
- ☐ Add the lentils to a medium saucepan, cover with about 2 inches of water, add the crushed red pepper flakes and bay leaves. Bring to a boil, then lower the heat and simmer uncovered 15–20 minutes, until tender but not yet mushy.
- ☐ Heat the grill or grill pan to medium–high (indirect heat).
- ☐ Cut the whole radicchio head into 8 wedges.
- ☐ Brush the grates or the grill pan with a little olive oil. Grill, cut side down, about 3 minutes per side.
- ☐ Remove from heat and sprinkle with a little salt & pepper to taste. Arrange 2 wedges per person on 4 plates. Set a large spoonful of lentils alongside the wedges.
- ☐ Garnish with reserved nuts, shaved pecorino romano and a drizzle of vinegar.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



 **PROTEIN 16.74%**  **FAT 38.07%**  **CARBS 45.19%**

## Properties

Glycemic Index:24.82, Glycemic Load:18.71, Inflammation Score:-3, Nutrition Score:12.174782488657%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 583.73kcal (29.19%), Fat: 25.16g (38.7%), Saturated Fat: 7g (43.78%), Carbohydrates: 67.18g (22.39%), Net Carbohydrates: 51.04g (18.56%), Sugar: 36.41g (40.45%), Cholesterol: 31.2mg (10.4%), Sodium: 563.63mg (24.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.89g (49.78%), Fiber: 16.14g (64.56%), Calcium: 367.96mg (36.8%), Phosphorus: 281.7mg (28.17%), Manganese: 0.55mg (27.57%), Iron: 4.57mg (25.41%), Copper: 0.26mg (13.02%), Magnesium: 36.99mg (9.25%), Vitamin B2: 0.15mg (8.92%), Zinc: 1.33mg (8.9%), Vitamin E: 1.27mg (8.5%), Selenium: 5.46µg (7.8%), Vitamin B6: 0.12mg (6.02%), Vitamin B12: 0.34µg (5.6%), Vitamin K: 5.53µg (5.27%), Folate: 17.44µg (4.36%), Vitamin B1: 0.06mg (4.11%), Vitamin A: 204.64IU (4.09%), Vitamin C: 2.86mg (3.47%), Potassium: 120.51mg (3.44%), Vitamin B5: 0.24mg (2.42%), Vitamin B3: 0.27mg (1.34%)