



HEALTH SCORE

61%

Kale and Radicchio Salad with Broken Caesar Dressing



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



8

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 fillet anchovy minced
- ☐ 1 garlic clove minced
- ☐ 1 juice of lemon
- ☐ 0.8 pound curly kale trimmed
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.8 cup parmesan cheese grated

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 pound radicchio thinly

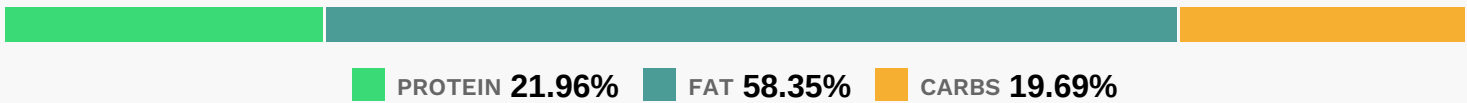
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk anchovies, garlic, lemon juice, oil, 2 tbsp. water, the salt, and pepper in a very large bowl. Don't worry that the dressing doesn't emulsify; it will come together more when you add the cheese.
- ☐ Add 3/4 cup parmesan and the greens and mix with your hands. Set salad on plates.
- ☐ Add more parmesan if you like.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.09, Inflammation Score:-10, Nutrition Score:16.796956645406%

Flavonoids

Cyanidin: 36mg, Cyanidin: 36mg, Cyanidin: 36mg, Cyanidin: 36mg Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 10.78mg, Luteolin: 10.78mg, Luteolin: 10.78mg, Luteolin: 10.78mg Isorhamnetin: 10.04mg, Isorhamnetin: 10.04mg, Isorhamnetin: 10.04mg, Isorhamnetin: 10.04mg Kaempferol: 19.9mg, Kaempferol: 19.9mg, Kaempferol: 19.9mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 18.56mg, Quercetin: 18.56mg, Quercetin: 18.56mg, Quercetin: 18.56mg

Nutrients (% of daily need)

Calories: 91.52kcal (4.58%), Fat: 6.24g (9.59%), Saturated Fat: 1.97g (12.33%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 2.7g (0.98%), Sugar: 0.62g (0.68%), Cholesterol: 10.56mg (3.52%), Sodium: 342.51mg (14.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.56%), Vitamin K: 240.03µg (228.6%), Vitamin A: 4339.52IU (86.79%), Vitamin C: 43.55mg (52.79%), Calcium: 203.45mg (20.35%), Manganese: 0.35mg (17.26%),

Vitamin B2: 0.2mg (11.72%), Folate: 45.07µg (11.27%), Phosphorus: 102.1mg (10.21%), Vitamin E: 1.39mg (9.25%),
Fiber: 2.03g (8.13%), Potassium: 272.42mg (7.78%), Selenium: 5.44µg (7.77%), Copper: 0.13mg (6.7%), Iron: 1.05mg
(5.81%), Magnesium: 23.07mg (5.77%), Vitamin B3: 1.15mg (5.75%), Zinc: 0.82mg (5.49%), Vitamin B6: 0.1mg
(4.93%), Vitamin B1: 0.06mg (3.94%), Vitamin B12: 0.15µg (2.52%), Vitamin B5: 0.18mg (1.79%)