



Lemon radish salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



125 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 radishes trimmed peeled halved
- ☐ 4 tbsp olive oil extra virgin extra-virgin
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tbsp parsley fresh very finely chopped

Equipment

- ☐ food processor
- ☐ knife
- ☐ whisk

Directions

- ☐
- Very finely slice the mouli or radishes using a food processor or very sharp knife. Make the vinaigrette, by whisking together the olive oil and lemon juice. Season generously, then stir in the parsley. Arrange the mouli or radishes on a serving platter and drizzle the vinaigrette over.
- ☐
- Serve immediately.

Nutrition Facts

PROTEIN 0.15%

FAT 98.74%

CARBS 1.11%

Properties

Glycemic Index:16, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.9526086823772%

Flavonoids

Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg 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, Naringenin: 0.05mg Apigenin: 2.06mg, Apigenin: 2.06mg, Apigenin: 2.06mg, Apigenin: 2.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 125.09kcal (6.25%), Fat: 14.02g (21.57%), Saturated Fat: 1.94g (12.09%), Carbohydrates: 0.35g (0.12%), Net Carbohydrates: 0.29g (0.11%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 1.24mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.1%), Vitamin K: 24.02µg (22.88%), Vitamin E: 2.03mg (13.52%), Vitamin C: 2.86mg (3.47%), Vitamin A: 80.32IU (1.61%)