



WHATShEATE



Mango-Radicchio Caprese with Basil Vinaigrette



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

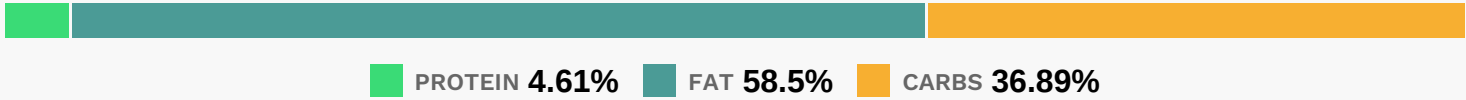
- ☐ 0.3 cup basil fresh whole chopped
- ☐ 2 large mangos peeled halved thinly sliced
- ☐ 8.3 inch mozzarella fresh (from one 8-ounce ball)
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 8 radicchio thinly thick ends trimmed
- ☐ 2 tablespoons balsamic vinegar white

Equipment

Directions

- ☐ Blend chopped basil, oil, and vinegar in miniprocessor until most of basil is pureed. Season with salt and pepper.
- ☐ Overlap radicchio, mangoes, cheese, and basil leaves on plates.
- ☐ Drizzle with vinaigrette.
- ☐ Serve, passing remaining vinaigrette.
- ☐ The pictured salad was made with gorgeous Tardivo radicchio, but standard Chioggia (round) or Treviso (endive-like) radicchio works just as well.
- ☐ Per serving: Calories 304, 20g fat (7g saturated), 23mg cholesterol, 86mg sodium, 18g carbohydrate, 2g fiber, 13g protein
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:49.69, Glycemic Load:7.9, Inflammation Score:-7, Nutrition Score:8.0417391016431%

Flavonoids

Cyanidin: 2.64mg, Cyanidin: 2.64mg, Cyanidin: 2.64mg, Cyanidin: 2.64mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 178.6kcal (8.93%), Fat: 12.08g (18.59%), Saturated Fat: 2.24g (13.97%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 15.44g (5.61%), Sugar: 15.45g (17.16%), Cholesterol: 4.14mg (1.38%), Sodium: 36.45mg (1.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin C: 38.19mg (46.3%), Vitamin A: 1261.32IU (25.23%), Vitamin K: 24.19µg (23.04%), Vitamin E: 2.51mg (16.76%), Folate: 47.43µg (11.86%), Fiber: 1.71g (6.82%), Copper: 0.13mg (6.6%), Vitamin B6: 0.13mg (6.47%), Potassium: 198.87mg (5.68%), Manganese: 0.1mg (5.15%),

Calcium: 44.03mg (4.4%), Phosphorus: 36.48mg (3.65%), Vitamin B3: 0.72mg (3.61%), Magnesium: 13.9mg (3.47%),
Vitamin B2: 0.06mg (3.31%), Vitamin B5: 0.22mg (2.21%), Selenium: 1.54µg (2.19%), Iron: 0.38mg (2.11%), Vitamin B1:
0.03mg (2.1%), Vitamin B12: 0.12µg (1.99%), Zinc: 0.28mg (1.87%)