



Miso-Glazed Burdock with Red Lettuces



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

Ingredients



0.5 pound burdock (2 roots)



0.5 optional: lemon



3 tablespoons vegetable oil; peanut oil preferred



4 servings pepper freshly ground



1 tablespoon miso dark red



2 tablespoons rice-wine vinegar



4 servings salt



1 tablespoon sugar

- ☐ 0.3 cup walnut halves
- ☐ 4 cups water
- ☐ 10 cups torn lettuces red such as lolla rosa, oak and leaf (not radicchio) loosely packed
- ☐ 10 cups torn lettuces red such as lolla rosa, oak and leaf (not radicchio) loosely packed

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pie form

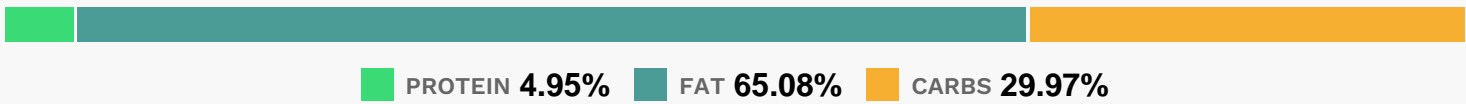
Directions

- ☐ Preheat the oven to 40
- ☐ Spread the walnuts in a pie pan and toast for about 6 minutes, or until fragrant.
- ☐ Squeeze the lemon into a medium saucepan and add the water, 1 tablespoon of the sugar and a pinch of salt. Peel the burdock under cool running water.
- ☐ Cut it into 1/4 -inch slices on a sharp diagonal, adding the slices to the lemon water as you work. Bring the water to a boil and cook the burdock over moderately high heat until al dente, about 30 minutes.
- ☐ Drain and let cool slightly, then stack the slices and cut them into thin matchsticks.
- ☐ Return the burdock to the saucepan.
- ☐ Add the remaining 2 teaspoons of sugar, 1 teaspoon of the rice-wine vinegar and 1 teaspoon of the miso. Cook over moderately high heat, stirring, until glossy, about 2 minutes.
- ☐ Transfer the burdock to a plate and let cool.
- ☐ In a small bowl, whisk the remaining 2 tablespoons of rice-wine vinegar with the remaining 2 teaspoons of miso until dissolved.
- ☐ Whisk in the oil and season with salt and pepper.
- ☐ In a large salad bowl, toss the lettuces, walnuts and burdock.
- ☐ Add the dressing, toss again and serve immediately.

☐

Make Ahead: This recipe can be prepared through Step 3 up to 1 day ahead.

Nutrition Facts



Properties

Glycemic Index:64.65, Glycemic Load:2.95, Inflammation Score:-3, Nutrition Score:5.8134782461692%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 207.04kcal (10.35%), Fat: 15.66g (24.09%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 16.23g (5.41%), Net Carbohydrates: 13.23g (4.81%), Sugar: 5.43g (6.04%), Cholesterol: 0mg (0%), Sodium: 367.61mg (15.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Manganese: 0.44mg (21.98%), Vitamin E: 1.94mg (12.91%), Fiber: 2.99g (11.98%), Copper: 0.22mg (11.14%), Vitamin C: 8.95mg (10.85%), Vitamin B6: 0.19mg (9.74%), Magnesium: 38.84mg (9.71%), Potassium: 236.03mg (6.74%), Phosphorus: 63.61mg (6.36%), Folate: 22.52µg (5.63%), Iron: 0.87mg (4.84%), Calcium: 44.52mg (4.45%), Zinc: 0.56mg (3.72%), Vitamin B1: 0.04mg (2.69%), Vitamin B5: 0.27mg (2.65%), Vitamin K: 2.59µg (2.46%), Vitamin B2: 0.04mg (2.43%), Selenium: 1.17µg (1.67%), Vitamin B3: 0.31mg (1.53%)