



Parsley, Radicchio, and Napa Cabbage Salad with Lemon Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



105 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4.5 cups parsley fresh loosely packed (3 large bunches)
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 6 cups napa cabbage thinly sliced ()
- ☐ 0.3 cup olive oil
- ☐ 0.3 lb radicchio thinly thinly sliced

- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon sugar

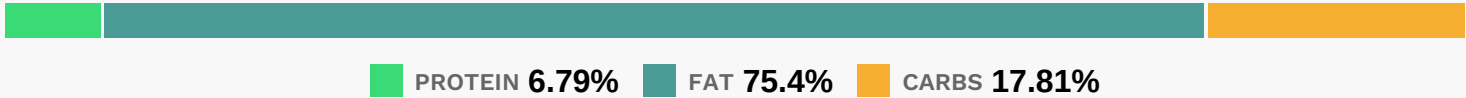
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together lemon juice, zest, sugar, salt, and pepper until sugar is dissolved, then add oil in a slow stream, whisking until emulsified.
- ☐ Just before serving, toss cabbage, parsley, and radicchio in a large bowl with just enough dressing to coat, then season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:20.76, Glycemic Load:0.79, Inflammation Score:-10, Nutrition Score:16.10652195889%

Flavonoids

Cyanidin: 18mg, Cyanidin: 18mg, Cyanidin: 18mg, Cyanidin: 18mg Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 72.73mg, Apigenin: 72.73mg, Apigenin: 72.73mg, Apigenin: 72.73mg Luteolin: 5.77mg, Luteolin: 5.77mg, Luteolin: 5.77mg, Luteolin: 5.77mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 5.03mg, Myricetin: 5.03mg, Myricetin: 5.03mg, Myricetin: 5.03mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 105.46kcal (5.27%), Fat: 9.43g (14.5%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 3.04g (1.1%), Sugar: 1.38g (1.54%), Cholesterol: 0mg (0%), Sodium: 100.06mg (4.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin K: 619.62µg (590.11%), Vitamin C: 62.82mg (76.15%), Vitamin A: 3028.82IU (60.58%), Folate: 105.44µg (26.36%), Iron: 2.41mg (13.4%), Vitamin E: 1.94mg (12.96%), Potassium: 369.68mg (10.56%), Manganese: 0.19mg (9.52%), Calcium: 94.08mg (9.41%), Vitamin B6: 0.17mg

(8.63%), Fiber: 1.98g (7.9%), Magnesium: 26.44mg (6.61%), Copper: 0.12mg (6.04%), Phosphorus: 42.13mg (4.21%), Vitamin B2: 0.07mg (3.9%), Zinc: 0.58mg (3.89%), Vitamin B1: 0.05mg (3.67%), Vitamin B3: 0.71mg (3.55%), Vitamin B5: 0.24mg (2.38%)