



Perfectly Grilled Radicchio



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 3 tablespoons thyme leaves fresh
- ☐ 12 garlic cloves minced
- ☐ 1 pound mozzarella cheese cut into 16 pieces
- ☐ 2 cups olive oil extra-virgin
- ☐ 4 heads radicchio thinly
- ☐ 2 teaspoons pepper flakes red crushed
- ☐ 8 servings salt and pepper black freshly ground

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ grill
- ☐ grill pan

Directions

- ☐ Cut the radicchio in quarters lengthwise, being sure to keep some of the stem attached to each quarter. Trim off any dark bits of stem. Submerge the radicchio quarters in ice water for 1 hour to remove some bitterness. Put a plate on top of the radicchio to keep them under water.
- ☐ In a medium bowl, combine all ingredients except the mozzarella.
- ☐ Mix well.
- ☐ Prepare a hot fire in your grill, or heat a cast iron grill pan over medium-high heat.
- ☐ Drain the radicchio and place them on paper towels to absorb remaining water. Open up the leaves and spoon the olive oil mixture inside.
- ☐ Place the radicchio quarters on a baking sheet and pour the remaining marinade mixture. Season generously with salt and pepper.
- ☐ Grill the radicchio until browned on the outside but still raw in the center, 3 to 5 minutes, turning occasionally. Be careful, as the oil mixture may flame up.
- ☐ When the radicchio begins to brown, pull from the grill, open up a section of each portion and place a slice of mozzarella inside.
- ☐ Place quarters back onto the sheet pan and place the pan directly on the grill for 5 minutes to melt the cheese.
- ☐ Drizzle any leftover dressing over the top of the grilled radicchio and serve warm.
- ☐ If making radicchio in advance: Before the party, have the radicchio drained and marinated in the vinaigrette in the refrigerator.

Nutrition Facts



 **PROTEIN 18.54%**  **FAT 65.95%**  **CARBS 15.51%**

Properties

Glycemic Index:23, Glycemic Load:2.25, Inflammation Score:-10, Nutrition Score:18.643043362576%

Flavonoids

Cyanidin: 177.79mg, Cyanidin: 177.79mg, Cyanidin: 177.79mg, Cyanidin: 177.79mg Delphinidin: 10.75mg, Delphinidin: 10.75mg, Delphinidin: 10.75mg, Delphinidin: 10.75mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 54.42mg, Luteolin: 54.42mg, Luteolin: 54.42mg, Luteolin: 54.42mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 44.19mg, Quercetin: 44.19mg, Quercetin: 44.19mg, Quercetin: 44.19mg

Nutrients (% of daily need)

Calories: 322.81kcal (16.14%), Fat: 23.96g (36.87%), Saturated Fat: 9.06g (56.63%), Carbohydrates: 12.67g (4.22%), Net Carbohydrates: 10.75g (3.91%), Sugar: 3.89g (4.32%), Cholesterol: 44.79mg (14.93%), Sodium: 399.41mg (17.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.16g (30.32%), Vitamin K: 365.57µg (348.17%), Calcium: 338.21mg (33.82%), Vitamin E: 5.02mg (33.48%), Phosphorus: 271.07mg (27.11%), Copper: 0.52mg (26.11%), Folate: 89.44µg (22.36%), Vitamin B12: 1.29µg (21.55%), Vitamin C: 16.81mg (20.38%), Manganese: 0.37mg (18.64%), Zinc: 2.66mg (17.73%), Selenium: 11.64µg (16.64%), Potassium: 528.96mg (15.11%), Vitamin A: 695IU (13.9%), Vitamin B2: 0.22mg (13.05%), Iron: 1.85mg (10.3%), Magnesium: 37.69mg (9.42%), Vitamin B6: 0.18mg (8.82%), Fiber: 1.92g (7.69%), Vitamin B5: 0.5mg (5%), Vitamin B1: 0.05mg (3.4%), Vitamin B3: 0.55mg (2.77%), Vitamin D: 0.23µg (1.51%)