

food  
network



HEALTH SCORE

85%

## Pinzimonio with Olio Nuovo



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



98 kcal

SIDE DISH

## Ingredients



1 large carrots peeled



4 celery stalks



1 large bulb fennel



0.3 pound tiny beans french



0.3 cup parmigiano-reggiano freshly grated



8 large radishes



1 large bell pepper red



0.3 cup red wine vinegar

- ☐ 4 large scallions
- ☐ 4 servings sea salt
- ☐ 1 large bell pepper yellow
- ☐ 1 cup olio nuovo
- ☐ 1 cup olio nuovo

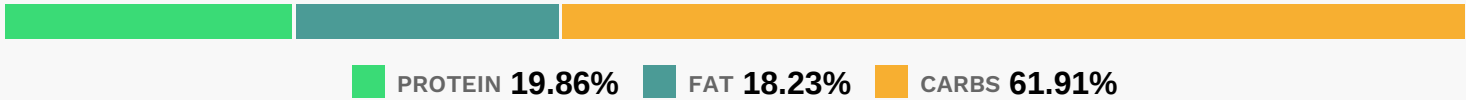
## Equipment

- ☐ bowl

## Directions

- ☐ Cut all vegetables into fancy shapes. Blanch and refresh the green beans.
- ☐ Serve displayed in a basket with the condiments placed into smaller plates or bowls separately.

## Nutrition Facts



## Properties

Glycemic Index:67.71, Glycemic Load:3.13, Inflammation Score:-10, Nutrition Score:20.816956290084%

## Flavonoids

Pelargonidin: 11.36mg, Pelargonidin: 11.36mg, Pelargonidin: 11.36mg, Pelargonidin: 11.36mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

## Nutrients (% of daily need)

Calories: 97.71kcal (4.89%), Fat: 2.12g (3.27%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 16.23g (5.41%), Net Carbohydrates: 11.2g (4.07%), Sugar: 5.9g (6.55%), Cholesterol: 4.25mg (1.42%), Sodium: 356.44mg (15.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.41%), Vitamin C: 159.41mg (193.22%), Vitamin A: 4779.46IU (95.59%), Vitamin K: 94.39µg (89.89%), Folate: 100.89µg (25.22%), Fiber: 5.02g (20.1%), Potassium: 677.09mg (19.35%), Calcium: 154.46mg (15.45%), Manganese: 0.3mg (15.15%), Vitamin B6: 0.29mg (14.32%), Phosphorus: 126.52mg (12.65%), Magnesium: 40.85mg (10.21%), Iron: 1.74mg (9.68%), Vitamin E: 1.27mg (8.45%), Copper: 0.16mg (7.9%), Vitamin B3: 1.57mg (7.87%), Vitamin B2: 0.13mg (7.39%), Zinc: 0.79mg (5.23%), Vitamin B1:

0.07mg (4.81%), Vitamin B5: 0.48mg (4.8%), Selenium: 2.29µg (3.27%), Vitamin B12: 0.08µg (1.25%)