



WHATSheATE



Radicchio and Arugula Salad with Dates, Hazelnuts, and Feta



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



250 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups arugula
- ☐ 2 tablespoons balsamic vinegar
- ☐ 12 dates pitted quartered
- ☐ 3 ounces feta cheese crumbled
- ☐ 0.5 cup hazelnuts
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 2 small heads radicchio thinly cut into 1-inch pieces (15 ounces total)

☐ 2 tablespoons red wine vinegar

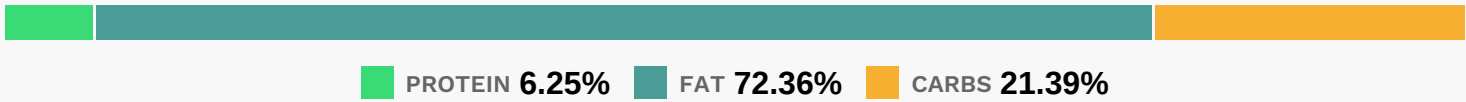
Equipment

- ☐ bowl
- ☐ oven
- ☐ kitchen towels

Directions

- ☐ Preheat oven to 350°F.
- ☐ Place hazelnuts on baking sheet; toast until fragrant and skins begin to crack, 10 to 12 minutes.
- ☐ Let cool briefly. Wrap hazelnuts in kitchen towel; rub briskly to remove as much skin as possible. Chop hazelnuts coarsely; set aside. DO AHEAD: Can be made 1 day ahead. Store in airtight container at room temperature.
- ☐ Combine vinegars in small bowl.
- ☐ Whisk in olive oil; season with salt and pepper.
- ☐ Combine radicchio, arugula, dates, and hazelnuts in serving bowl. Toss with enough dressing to coat.
- ☐ Sprinkle feta over salad.
- ☐ Per serving: 243 calories, 18 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 29.33, Glycemic Load: 5.63, Inflammation Score: -3, Nutrition Score: 7.9786956880404%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate:

0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg
Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg,
Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg,
Isorhamnetin: 0.29mg Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg
Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 250.36kcal (12.52%), Fat: 20.89g (32.14%), Saturated Fat: 3.95g (24.7%), Carbohydrates: 13.9g (4.63%),
Net Carbohydrates: 11.7g (4.25%), Sugar: 10.25g (11.38%), Cholesterol: 12.62mg (4.21%), Sodium: 165.61mg (7.2%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Manganese: 0.69mg (34.46%), Vitamin E: 3.25mg
(21.66%), Vitamin K: 17.19µg (16.37%), Copper: 0.21mg (10.67%), Calcium: 99.33mg (9.93%), Phosphorus: 90.46mg
(9.05%), Fiber: 2.2g (8.8%), Vitamin B2: 0.15mg (8.59%), Magnesium: 29.03mg (7.26%), Vitamin B6: 0.14mg (7.23%),
Vitamin B1: 0.1mg (6.43%), Folate: 25.16µg (6.29%), Potassium: 202.27mg (5.78%), Iron: 0.93mg (5.17%), Zinc:
0.73mg (4.89%), Vitamin A: 221.51IU (4.43%), Selenium: 2.81µg (4.01%), Vitamin B12: 0.24µg (3.99%), Vitamin B5:
0.34mg (3.41%), Vitamin B3: 0.52mg (2.6%), Vitamin C: 1.74mg (2.11%)