



Radicchio and Arugula Salad with Roasted Pepper Dressing and Burrata Crostini

 Vegetarian

READY IN



25 min.

SERVINGS



2

CALORIES



292 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups baby arugula
- ☐ 2.3 inch thick baguette
- ☐ 3 ounces burrata cheese fresh
- ☐ 1 tablespoon capers drained
- ☐ 2.5 tablespoons olive oil extra-virgin divided
- ☐ 2 tablespoons parsley leaves fresh italian
- ☐ 1.5 cups coarsely torn radicchio

- ☐ 1 tablespoon red wine vinegar
- ☐ 2 teaspoons shallots minced
- ☐ 0.3 teaspoon sugar
- ☐ 0.5 small bell pepper red yellow

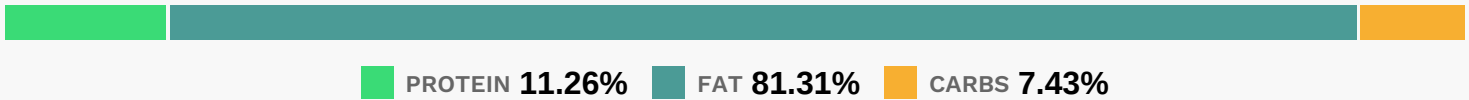
Equipment

- ☐ bowl
- ☐ whisk
- ☐ broiler

Directions

- ☐ Char bell pepper half directly over gas flame or in broiler until skin is blackened. Enclose in paper bag 10 minutes. Peel and seed bell pepper half; place in mini processor.
- ☐ Add 1/2 tablespoon olive oil; puree until smooth.
- ☐ Transfer pepper mixture to small bowl; whisk in 2 tablespoons olive oil, vinegar, capers, shallot, and sugar. Season dressing with salt and black pepper. DO AHEAD: Can be made 1 day ahead. Cover; chill. Bring to room temperature and rewhisk before using.
- ☐ Toast baguette slices; brush with olive oil. Top each toast with half of burrata cheese; sprinkle with salt and pepper.
- ☐ Combine arugula, radicchio, and parsley in medium bowl; toss with half of dressing. Divide salad between plates.
- ☐ Place 1 toast alongside each salad; drizzle with some of remaining dressing.

Nutrition Facts



Properties

Glycemic Index:133.92, Glycemic Load:1.78, Inflammation Score:-9, Nutrition Score:13.283043477846%

Flavonoids

Cyanidin: 38.1mg, Cyanidin: 38.1mg, Cyanidin: 38.1mg, Cyanidin: 38.1mg Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 11.57mg, Luteolin: 11.57mg, Luteolin: 11.57mg, Luteolin: 11.57mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 12.29mg, Kaempferol: 12.29mg, Kaempferol: 12.29mg, Kaempferol: 12.29mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 17.99mg, Quercetin: 17.99mg, Quercetin: 17.99mg, Quercetin: 17.99mg

Nutrients (% of daily need)

Calories: 292.27kcal (14.61%), Fat: 28.54g (43.91%), Saturated Fat: 8.44g (52.78%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 4.5g (1.64%), Sugar: 2.21g (2.45%), Cholesterol: 30.19mg (10.06%), Sodium: 144.59mg (6.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.79%), Vitamin K: 176.43µg (168.03%), Vitamin C: 34.77mg (42.14%), Vitamin A: 1702.16IU (34.04%), Calcium: 275.86mg (27.59%), Vitamin E: 3.65mg (24.34%), Folate: 56.65µg (14.16%), Manganese: 0.16mg (7.92%), Copper: 0.15mg (7.38%), Potassium: 240.53mg (6.87%), Iron: 1.11mg (6.18%), Fiber: 1.36g (5.45%), Magnesium: 20.3mg (5.08%), Vitamin B6: 0.1mg (5%), Vitamin B2: 0.06mg (3.56%), Phosphorus: 34.44mg (3.44%), Vitamin B1: 0.05mg (3.04%), Zinc: 0.41mg (2.76%), Vitamin B3: 0.53mg (2.65%), Vitamin B5: 0.26mg (2.6%), Selenium: 0.92µg (1.31%)