



WHATSheAte



Radicchio and Endive Salad with Pecan Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



302 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 medium belgian endive



3 tablespoons olive oil



0.3 cup pecans



1 small head radicchio thinly



0.3 teaspoon salt



1 tablespoon sherry vinegar



1 teaspoon sugar

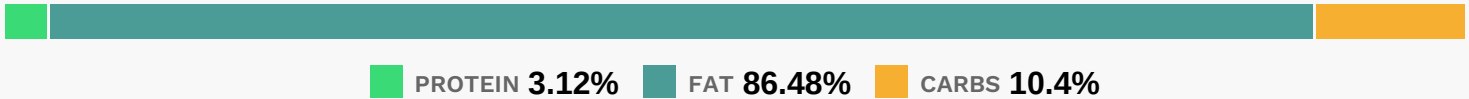
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F.
- ☐ In a small bowl whisk together vinegar, sugar, salt, and pepper to taste.
- ☐ Whisk in oil in a slow stream.Coarsely chop pecans and in a small shallow baking pan toast in one layer in middle of oven until fragrant and a shade darker, about 5 minutes. Immediately stir hot pecans into vinaigrette.
- ☐ Separate radicchio leaves and tear out some of white veins. Divide leaves decoratively between 2 plates (see photograph, above). Discard any discolored outer leaves from endive and cut two 1-inch sections from head. Arrange each section in center of radicchio leaves. Thinly slice remaining endive, discarding core, and sprinkle over salads.
- ☐ Drizzle vinaigrette over salads.

Nutrition Facts



Properties

Glycemic Index:40.05, Glycemic Load:1.45, Inflammation Score:-5, Nutrition Score:12.279130451057%

Flavonoids

Cyanidin: 96.57mg, Cyanidin: 96.57mg, Cyanidin: 96.57mg, Cyanidin: 96.57mg Delphinidin: 6.66mg, Delphinidin: 6.66mg, Delphinidin: 6.66mg, Delphinidin: 6.66mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 28.51mg, Luteolin: 28.51mg, Luteolin: 28.51mg, Luteolin: 28.51mg Quercetin: 23.63mg, Quercetin: 23.63mg, Quercetin: 23.63mg, Quercetin: 23.63mg

23.63mg

Nutrients (% of daily need)

Calories: 302.03kcal (15.1%), Fat: 30.13g (46.35%), Saturated Fat: 3.71g (23.21%), Carbohydrates: 8.15g (2.72%), Net Carbohydrates: 5.47g (1.99%), Sugar: 2.94g (3.26%), Cholesterol: 0mg (0%), Sodium: 308.76mg (13.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin K: 204.33µg (194.6%), Manganese: 0.69mg (34.56%), Vitamin E: 4.89mg (32.62%), Copper: 0.42mg (20.94%), Folate: 57.53µg (14.38%), Fiber: 2.68g (10.74%), Potassium: 336.39mg (9.61%), Vitamin C: 6.92mg (8.38%), Vitamin B1: 0.11mg (7.34%), Phosphorus: 71.77mg (7.18%), Zinc: 1.07mg (7.14%), Magnesium: 27.68mg (6.92%), Iron: 0.96mg (5.33%), Vitamin B6: 0.08mg (3.99%), Vitamin B5: 0.35mg (3.47%), Calcium: 28.81mg (2.88%), Vitamin B2: 0.04mg (2.62%), Vitamin B3: 0.38mg (1.89%), Selenium: 1.21µg (1.73%)