



WHATSheATE



Radicchio and Haricot Vert Salad with Candied Walnuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



125 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 head bibb lettuce



0.3 cup brown sugar dark packed ()



1 garlic clove pressed



2 cups slender green beans frozen thawed



0.5 large head radicchio thinly sliced



3.5 tablespoons seasoned rice vinegar divided



2 teaspoons walnut oil

☐ 0.8 cup walnuts

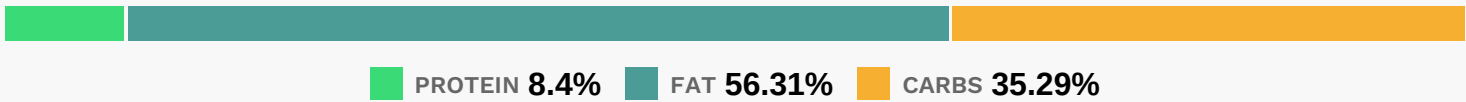
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Combine walnuts, sugar, 2 teaspoons oil, and 1 tablespoon vinegar in medium nonstick skillet. Stir over medium heat until syrup coats nuts thickly, about 2 minutes. Season with salt and pepper.
- ☐ Transfer nuts to piece of foil. Separate nuts; freeze on foil 5 minutes or cool completely at room temperature.
- ☐ Whisk remaining 1/4 cup oil, 2 1/2 tablespoons vinegar, and garlic in large bowl. Season dressing with salt and pepper.
- ☐ Add Bibb lettuce, radicchio, haricots verts, and nuts; toss to coat.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:0.73, Inflammation Score:-7, Nutrition Score:9.9856521254%

Flavonoids

Cyanidin: 28.08mg, Cyanidin: 28.08mg, Cyanidin: 28.08mg, Cyanidin: 28.08mg Delphinidin: 1.68mg, Delphinidin: 1.68mg, Delphinidin: 1.68mg, Delphinidin: 1.68mg Luteolin: 8.34mg, Luteolin: 8.34mg, Luteolin: 8.34mg, Luteolin: 8.34mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 124.72kcal (6.24%), Fat: 8.31g (12.79%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 11.73g (3.91%), Net Carbohydrates: 9.82g (3.57%), Sugar: 8.18g (9.09%), Cholesterol: 0mg (0%), Sodium: 9.83mg (0.43%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin K: 88.9µg (84.67%), Manganese: 0.52mg (25.75%), Vitamin A: 872.7IU (17.45%), Copper: 0.28mg (13.8%), Folate: 47.9µg (11.98%), Fiber: 1.91g (7.63%), Magnesium: 30.48mg (7.62%), Vitamin C: 6.12mg (7.42%), Vitamin B6: 0.13mg (6.72%), Potassium: 231.74mg (6.62%), Phosphorus: 65mg (6.5%), Iron: 1.04mg (5.76%), Vitamin B1: 0.08mg (5.05%), Vitamin E: 0.72mg (4.83%), Zinc: 0.59mg (3.92%), Calcium: 39.02mg (3.9%), Vitamin B2: 0.06mg (3.78%), Vitamin B3: 0.46mg (2.32%), Vitamin B5: 0.23mg (2.25%), Selenium: 1.19µg (1.7%)