



Radicchio Chopped Salad with Toasted Chickpeas

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



247 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 9 ounces chickpeas--drained dry canned rinsed
- 1 large garlic clove minced
- 2 tablespoons olive oil extra-virgin
- 5 ounces pancetta sliced cut into thin strips
- 3 ounces aged provolone cheese cut into thin shavings
- 0.8 pound radicchio thinly coarsely chopped
- 1 bell pepper red

- 6 servings salt and pepper freshly ground
- 2 tablespoons citrus champagne vinegar
- 2 tablespoons prosecco
- 2 tablespoons prosecco

Equipment

- bowl
- frying pan
- oven
- broiler
- slotted spoon

Directions

- Preheat the broiler. Roast the bell pepper under the broiler or over an open flame, turning, until charred all over.
- Transfer the pepper to a bowl, cover with a plate and let steam for 5 minutes. Peel, seed and core the pepper and cut it into 1/2-inch dice.
- In a large skillet, heat 1 tablespoon of the olive oil.
- Add the pancetta and cook over low heat, stirring, until lightly browned, about 8 minutes. Using a slotted spoon, transfer the pancetta to a plate.
- Add half the chickpeas to the skillet and cook over moderately high heat, shaking the skillet, until the chickpeas are lightly browned and slightly crisp, 3 to 4 minutes; transfer to a plate. Repeat with the remaining chickpeas.
- In a small bowl, combine the Prosecco with the vinegar, garlic and the remaining 1 tablespoon of olive oil. Season with salt and pepper.
- Preheat the oven to 40
- Return the pancetta and chickpeas to the skillet and rewarm them in the oven for 3 minutes. In a large bowl, toss the radicchio with the arugula, provolone, pancetta, chickpeas and roasted red pepper.
- Add the dressing, toss well and serve at once.

Make Ahead: The salad and Prosecco dressing can be prepared through Step 3 up to 4 hours ahead.

Wine Recommendation: The round, mouth-filling Pojer e Sandri Spumante Extra Brut Cuve 1993/1994 softens the sharp flavors of the provolone and bitter greens in this salad, while its effervescence lightens the texture of the chickpeas.

Nutrition Facts

 **PROTEIN 15.61%**  **FAT 67.95%**  **CARBS 16.44%**

Properties

Glycemic Index:21.56, Glycemic Load:1.94, Inflammation Score:-7, Nutrition Score:15.462174026862%

Flavonoids

Cyanidin: 72mg, Cyanidin: 72mg, Cyanidin: 72mg, Cyanidin: 72mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Luteolin: 21.66mg, Luteolin: 21.66mg, Luteolin: 21.66mg, Luteolin: 21.66mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 17.92mg, Quercetin: 17.92mg, Quercetin: 17.92mg, Quercetin: 17.92mg

Nutrients (% of daily need)

Calories: 246.84kcal (12.34%), Fat: 18.85g (28.99%), Saturated Fat: 6.34g (39.64%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 7.45g (2.71%), Sugar: 1.26g (1.4%), Cholesterol: 25.37mg (8.46%), Sodium: 585.3mg (25.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.74g (19.49%), Vitamin K: 148.68µg (141.6%), Vitamin C: 30.15mg (36.54%), Manganese: 0.46mg (23.17%), Vitamin B6: 0.37mg (18.53%), Phosphorus: 167.35mg (16.73%), Vitamin E: 2.4mg (16.01%), Vitamin A: 776.19IU (15.52%), Copper: 0.28mg (13.88%), Folate: 55.21µg (13.8%), Calcium: 136.76mg (13.68%), Selenium: 8.26µg (11.79%), Fiber: 2.81g (11.23%), Potassium: 344.69mg (9.85%), Zinc: 1.44mg (9.59%), Magnesium: 28.37mg (7.09%), Vitamin B3: 1.37mg (6.85%), Vitamin B1: 0.1mg (6.82%), Iron: 1.16mg (6.45%), Vitamin B2: 0.1mg (6.14%), Vitamin B5: 0.54mg (5.44%), Vitamin B12: 0.33µg (5.42%), Vitamin D: 0.17µg (1.1%)