



Radicchio, Endive, and Carrot Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups belgian endive sliced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup carrots grated peeled
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 2 cups radicchio thinly
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 teaspoon salt

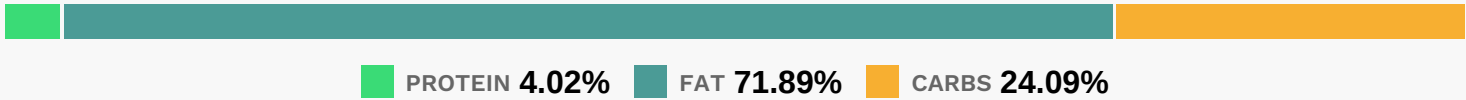
Equipment

bowl

Directions

- Combine first 3 ingredients in a medium bowl.
- Add oil and remaining ingredients; toss well.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.14, Glycemic Load:0.69, Inflammation Score:-9, Nutrition Score:6.9339128797469%

Flavonoids

Cyanidin: 16.93mg, Cyanidin: 16.93mg, Cyanidin: 16.93mg, Cyanidin: 16.93mg Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg Luteolin: 5.09mg, Luteolin: 5.09mg, Luteolin: 5.09mg, Luteolin: 5.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 57.58kcal (2.88%), Fat: 4.78g (7.35%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 2.17g (0.79%), Sugar: 1.09g (1.21%), Cholesterol: 0mg (0%), Sodium: 115.31mg (5.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.2%), Vitamin A: 3574.53IU (71.49%), Vitamin K: 39.76µg (37.87%), Vitamin E: 1.12mg (7.43%), Fiber: 1.44g (5.74%), Folate: 20.39µg (5.1%), Potassium: 158.16mg (4.52%), Manganese: 0.08mg (4.17%), Vitamin C: 2.97mg (3.6%), Copper: 0.07mg (3.4%), Vitamin B6: 0.05mg (2.34%), Vitamin B1: 0.03mg (2.02%), Phosphorus: 18.98mg (1.9%), Magnesium: 6.79mg (1.7%), Calcium: 14.47mg (1.45%), Vitamin B3: 0.28mg (1.4%), Iron: 0.24mg (1.34%), Vitamin B2: 0.02mg (1.31%), Vitamin B5: 0.13mg (1.28%), Zinc: 0.17mg (1.15%)