



Radicchio-Endive Winter Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



23 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 3 cups endive chopped
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 2 tablespoons orange juice
- ☐ 3 cups radicchio thinly chopped
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl

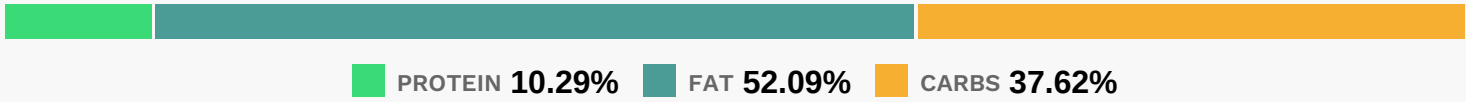
☐

whisk

Directions

- ☐ Combine 3 cups chopped radicchio and 3 cups chopped endive in a large bowl.
- ☐ Combine 2 tablespoons orange juice, 2 teaspoons extra-virgin olive oil, 1/4 teaspoon salt, and 1/8 teaspoon freshly ground black pepper in a small bowl; stir with a whisk.
- ☐ Drizzle over salad greens; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:7.5443478472855%

Flavonoids

Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 7.6mg, Luteolin: 7.6mg, Luteolin: 7.6mg, Luteolin: 7.6mg Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 23.29kcal (1.16%), Fat: 1.45g (2.22%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 2.35g (0.78%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.66g (0.73%), Cholesterol: 0mg (0%), Sodium: 106.89mg (4.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin K: 109.63µg (104.41%), Folate: 49.21µg (12.3%), Vitamin A: 558.71IU (11.17%), Vitamin C: 6.06mg (7.34%), Manganese: 0.14mg (6.95%), Vitamin E: 0.76mg (5.04%), Copper: 0.1mg (4.8%), Potassium: 150.82mg (4.31%), Fiber: 0.98g (3.91%), Vitamin B5: 0.29mg (2.9%), Zinc: 0.33mg (2.17%), Iron: 0.35mg (1.92%), Vitamin B1: 0.03mg (1.89%), Calcium: 17.68mg (1.77%), Magnesium: 7.05mg (1.76%), Phosphorus: 16.03mg (1.6%), Vitamin B2: 0.03mg (1.54%)