



Radicchio, Frisée, and Artichoke Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 lb artichokes
- 0.3 teaspoon pepper black
- 0.5 lb frisée french (curly endive)
- 1.3 teaspoons kosher salt
- 1 optional: lemon halved
- 5 tablespoons olive oil extra-virgin
- 0.8 lb radicchio thinly trimmed halved lengthwise thinly sliced
- 2 tablespoons white-wine vinegar

Equipment

- bowl
- paper towels
- knife
- ziploc bags
- serrated knife

Directions

- Squeeze juice from 1 lemon half into a large bowl of cold water, then drop same half into water.
- Cut off stem of 1 artichoke and discard.
- Cut off top inch of artichoke with a serrated knife. Bend back outer leaves until they snap off close to base, then discard several more layers of leaves in same manner until you reach pale yellow leaves with pale green tips.
- Cut remaining leaves flush with top of artichoke bottom with a sharp knife, then pull out purple leaves and scoop out fuzzy choke with a melon-ball cutter. Rub cut surfaces with remaining lemon half. Trim remaining dark green fibrous parts from base and sides of artichoke with sharp knife, then rub cut surfaces with same lemon half and drop artichoke into the acidulated water. Repeat with remaining artichokes.
- Just before serving, slice artichokes paper-thin crosswise with slicer. Immediately toss with frisée and radicchio in a large bowl.
- Drizzle with oil and toss.
- Sprinkle with kosher salt and pepper and toss.
- Drizzle with vinegar (to taste) and toss again.
- Dressing ingredients can be whisked together (instead of tossed into salad) 1 day ahead and chilled, covered. Bring to room temperature before using. • Greens can be washed and trimmed 1 day ahead and chilled in a sealed plastic bag lined with damp paper towels. • Artichokes can be trimmed (but not sliced) 2 hours ahead and kept in acidulated water. *Available at Asian markets, some cookware shops, and Uwajimaya (800-899-1928).

Nutrition Facts



■ PROTEIN 13.61% ■ FAT 41.56% ■ CARBS 44.83%

Properties

Glycemic Index:11.19, Glycemic Load:3.01, Inflammation Score:-9, Nutrition Score:22.341304540634%

Flavonoids

Cyanidin: 54mg, Cyanidin: 54mg, Cyanidin: 54mg, Cyanidin: 54mg Delphinidin: 3.27mg, Delphinidin: 3.27mg, Delphinidin: 3.27mg, Delphinidin: 3.27mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 21.34mg, Naringenin: 21.34mg, Naringenin: 21.34mg, Naringenin: 21.34mg Apigenin: 12.95mg, Apigenin: 12.95mg, Apigenin: 12.95mg, Apigenin: 12.95mg Luteolin: 20.92mg, Luteolin: 20.92mg, Luteolin: 20.92mg, Luteolin: 20.92mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 15.39mg, Quercetin: 15.39mg, Quercetin: 15.39mg, Quercetin: 15.39mg

Nutrients (% of daily need)

Calories: 178.38kcal (8.92%), Fat: 9.24g (14.21%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 11.33g (4.12%), Sugar: 2.48g (2.75%), Cholesterol: 0mg (0%), Sodium: 546.12mg (23.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Vitamin K: 223.35µg (212.71%), Vitamin C: 37.28mg (45.19%), Fiber: 11.1g (44.38%), Folate: 173.86µg (43.47%), Vitamin A: 1657.65IU (33.15%), Manganese: 0.63mg (31.52%), Copper: 0.63mg (31.4%), Magnesium: 117.44mg (29.36%), Potassium: 897.94mg (25.66%), Vitamin E: 3.21mg (21.37%), Phosphorus: 185.98mg (18.6%), Iron: 2.83mg (15.73%), Vitamin B6: 0.26mg (13.12%), Calcium: 115.6mg (11.56%), Vitamin B5: 1.04mg (10.44%), Vitamin B3: 2.04mg (10.22%), Vitamin B1: 0.15mg (10.12%), Vitamin B2: 0.16mg (9.14%), Zinc: 1.23mg (8.18%), Selenium: 0.87µg (1.24%)