



HEALTH SCORE

84%

Radicchio, Grapefruit and Spinach Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



107 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces baby spinach leaves
- ☐ 1 teaspoon fennel seeds crushed
- ☐ 2 grapefruits white
- ☐ 0.5 cup kalamata olives black pitted
- ☐ 0.5 cup olive oil
- ☐ 10 ounce radicchio thinly
- ☐ 5 tablespoons red wine vinegar

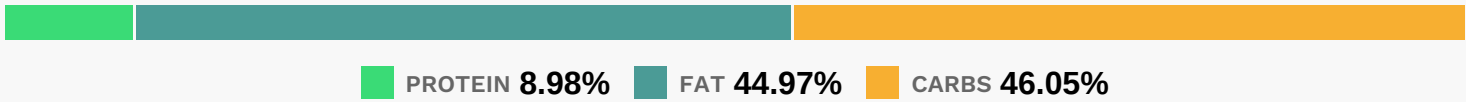
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine vinegar and fennel seeds in medium bowl. Gradually whisk in oil. Season dressing with salt and pepper.
- ☐ Cut all peel and white pith from grapefruits.
- ☐ Cut grapefruits between membranes to release segments. Stir segments into dressing.
- ☐ Let stand at least 15 minutes and up to 1 hour.
- ☐ Toss radicchio, spinach and olives in bowl.
- ☐ Add grapefruit segments and dressing to coat. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:2.11, Inflammation Score:-10, Nutrition Score:18.074348081713%

Flavonoids

Cyanidin: 60mg, Cyanidin: 60mg, Cyanidin: 60mg, Cyanidin: 60mg Delphinidin: 3.63mg, Delphinidin: 3.63mg, Delphinidin: 3.63mg, Delphinidin: 3.63mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 27.85mg, Naringenin: 27.85mg, Naringenin: 27.85mg, Naringenin: 27.85mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 18.82mg, Luteolin: 18.82mg, Luteolin: 18.82mg, Luteolin: 18.82mg Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 16.67mg, Quercetin: 16.67mg, Quercetin: 16.67mg, Quercetin: 16.67mg

Nutrients (% of daily need)

Calories: 107.06kcal (5.35%), Fat: 5.76g (8.86%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 13.26g (4.42%), Net Carbohydrates: 10.13g (3.68%), Sugar: 6.38g (7.09%), Cholesterol: 0mg (0%), Sodium: 217.12mg (9.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.17%), Vitamin K: 305.38µg (290.84%), Vitamin A: 4583.2IU (91.66%), Vitamin C: 41.16mg (49.89%), Folate: 113.11µg (28.28%), Manganese: 0.45mg (22.53%), Vitamin E: 2.89mg (19.29%), Potassium: 484.1mg (13.83%), Copper: 0.26mg (12.79%), Fiber: 3.13g (12.5%), Magnesium: 46.7mg (11.68%), Iron: 1.56mg (8.64%), Calcium: 75.79mg (7.58%), Vitamin B6: 0.15mg (7.55%), Vitamin B2: 0.11mg (6.65%), Phosphorus: 55.85mg (5.59%), Vitamin B1: 0.08mg (5.16%), Zinc: 0.57mg (3.82%), Vitamin B5: 0.38mg (3.78%),

Vitamin B3: 0.62mg (3.08%), Selenium: 0.99µg (1.41%)