



WHATSheATE



Radicchio, Haricots Verts, and Sweet Lettuce Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



120 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 4 cups boston lettuce
- ☐ 0.5 teaspoon dijon mustard
- ☐ 2 cups haricots verts (2-inch)
- ☐ 2 teaspoons honey
- ☐ 0.5 teaspoon orange zest grated
- ☐ 0.5 cup orange sections

- ☐ 2 ounces pancetta chopped
- ☐ 1 cup radicchio thinly shredded
- ☐ 0.5 teaspoon salt
- ☐ 2 cups sourdough bread cubed toasted (1-inch) (4 ounces)
- ☐ 1 tablespoon walnut oil

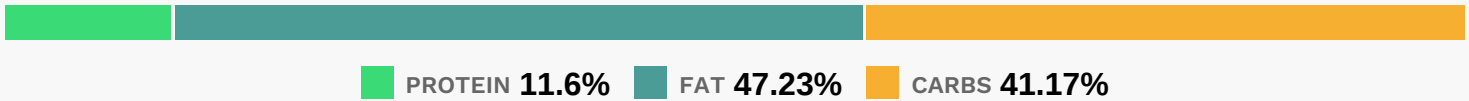
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook haricots verts in boiling water 2 minutes or until crisp-tender.
- ☐ Drain and rinse with cold water; drain.
- ☐ Combine oil, balsamic vinegar, honey, salt, orange rind, and Dijon mustard in a large bowl; stir well with a whisk.
- ☐ Add haricots verts, lettuce, and remaining ingredients to bowl; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:50.55, Glycemic Load:6.28, Inflammation Score:-8, Nutrition Score:9.6526088947835%

Flavonoids

Cyanidin: 8.47mg, Cyanidin: 8.47mg, Cyanidin: 8.47mg, Cyanidin: 8.47mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Hesperetin: 4.09mg, Hesperetin: 4.09mg, Hesperetin: 4.09mg, Hesperetin: 4.09mg Naringenin: 2.3mg, Naringenin: 2.3mg, Naringenin: 2.3mg, Naringenin: 2.3mg Luteolin: 2.61mg, Luteolin: 2.61mg, Luteolin: 2.61mg, Luteolin: 2.61mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 119.56kcal (5.98%), Fat: 6.51g (10.02%), Saturated Fat: 1.55g (9.71%), Carbohydrates: 12.77g (4.26%), Net Carbohydrates: 10.75g (3.91%), Sugar: 5.7g (6.34%), Cholesterol: 6.24mg (2.08%), Sodium: 323.16mg (14.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Vitamin K: 67.29µg (64.08%), Vitamin A: 1397.04IU (27.94%), Vitamin C: 14.46mg (17.53%), Folate: 56.54µg (14.13%), Manganese: 0.21mg (10.47%), Vitamin B1: 0.16mg (10.43%), Fiber: 2.02g (8.09%), Selenium: 5.29µg (7.55%), Iron: 1.29mg (7.15%), Potassium: 238.83mg (6.82%), Vitamin B2: 0.12mg (6.79%), Vitamin B3: 1.28mg (6.42%), Vitamin B6: 0.13mg (6.4%), Phosphorus: 54.19mg (5.42%), Magnesium: 20.6mg (5.15%), Copper: 0.08mg (4.02%), Calcium: 39.34mg (3.93%), Vitamin E: 0.46mg (3.06%), Zinc: 0.43mg (2.84%), Vitamin B5: 0.28mg (2.75%)