



Radicchio, Pear and Arugula Salad

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



298 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups baby arugula
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 bosc pears firm cored ripe halved cut lengthwise into 1/4-inch-thick slices
- ☐ 2 tablespoons cooking wine dry white such as pinot grigio
- ☐ 2 tablespoons honey
- ☐ 1 teaspoon kosher salt
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 2 ounce parmesan chunk
- ☐ 16 ounce radicchio thinly halved chopped
- ☐ 4.8 inch thick sourdough bread country-style
- ☐ 0.8 cup walnuts chopped
- ☐ 1 teaspoon grain mustard whole such as grey poupon

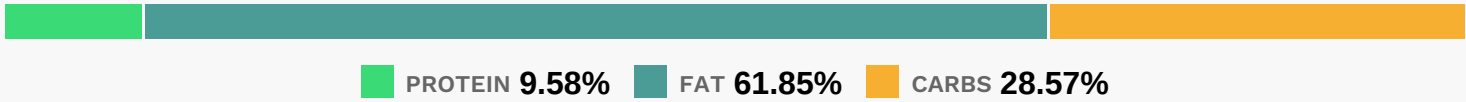
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ grill pan
- ☐ peeler

Directions

- ☐ Place a grill pan over medium-high heat or preheat a gas or charcoal grill.
- ☐ Brush the bread on each side with olive oil. Grill until grill-marked and golden, 1 to 2 minutes each side. Cool slightly and cut into 3/4-inch cubes. For the dressing: In a small bowl, whisk together the oil, wine, honey, mustard, salt and pepper until smooth.
- ☐ Place the raddichio, arugula, pear slices, walnuts and croutons in a large bowl.
- ☐ Add the dressing and toss until coated. Using a vegetable peeler, shave the Parmesan on top and serve.

Nutrition Facts



Properties

Glycemic Index:59.92, Glycemic Load:6.86, Inflammation Score:-7, Nutrition Score:15.249130547047%

Flavonoids

Cyanidin: 97.62mg, Cyanidin: 97.62mg, Cyanidin: 97.62mg, Cyanidin: 97.62mg Delphinidin: 5.81mg, Delphinidin: 5.81mg, Delphinidin: 5.81mg, Delphinidin: 5.81mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg

0.2mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg
Epicatechin: 2.26mg, Epicatechin: 2.26mg, Epicatechin: 2.26mg, Epicatechin: 2.26mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg
Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg,
Epigallocatechin 3–gallate: 0.1mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin:
0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg,
Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 28.72mg, Luteolin: 28.72mg, Luteolin: 28.72mg,
Luteolin: 28.72mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg
Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 25.11mg,
Quercetin: 25.11mg, Quercetin: 25.11mg, Quercetin: 25.11mg

Nutrients (% of daily need)

Calories: 297.99kcal (14.9%), Fat: 21.4g (32.92%), Saturated Fat: 3.77g (23.58%), Carbohydrates: 22.23g (7.41%), Net
Carbohydrates: 18.41g (6.7%), Sugar: 12.8g (14.22%), Cholesterol: 6.43mg (2.14%), Sodium: 581.22mg (25.27%),
Alcohol: 0.51g (100%), Alcohol %: 0.34% (100%), Protein: 7.46g (14.92%), Vitamin K: 212.74µg (202.61%), Manganese:
0.73mg (36.33%), Copper: 0.56mg (27.99%), Vitamin E: 3.25mg (21.68%), Folate: 76.97µg (19.24%), Calcium:
165.87mg (16.59%), Phosphorus: 163.36mg (16.34%), Fiber: 3.82g (15.28%), Vitamin C: 10.33mg (12.52%), Potassium:
421.73mg (12.05%), Magnesium: 48.1mg (12.02%), Zinc: 1.34mg (8.92%), Vitamin B6: 0.16mg (8.12%), Iron: 1.4mg
(7.78%), Vitamin A: 351.32IU (7.03%), Vitamin B2: 0.11mg (6.56%), Selenium: 4.55µg (6.49%), Vitamin B1: 0.09mg
(6.24%), Vitamin B5: 0.42mg (4.22%), Vitamin B3: 0.63mg (3.13%), Vitamin B12: 0.11µg (1.89%)