



HEALTH SCORE

70%

Radicchio, Red Cabbage and Tomatoes with Orange Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



8

CALORIES



140 kcal

SIDE DISH

Ingredients



2 pints cherry tomatoes halved



1 tablespoon dijon mustard



0.3 cup olive oil



4.5 tablespoons orange juice fresh



2 teaspoons orange zest fresh finely grated



2 heads radicchio thinly cored coarsely chopped ()



0.5 small head cabbage red cored coarsely chopped

- ☐ 1 small onion red thinly sliced
- ☐ 0.5 teaspoon sugar to taste

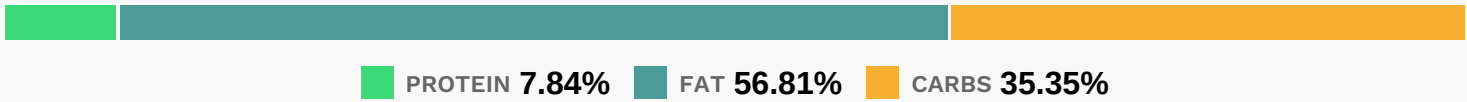
Equipment

- ☐ whisk

Directions

- ☐ Soak onion in cold water to cover 15 minutes.
- ☐ Whisk together mustard, zest, juice, and salt and pepper to taste.
- ☐ Add oil in a slow stream, whisking until emulsified.
- ☐ Drain onion well and toss together with radicchio, cabbage, tomatoes, and enough dressing to coat. Toss salad with sugar and salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:26.64, Glycemic Load:1.57, Inflammation Score:-8, Nutrition Score:15.81391307582%

Flavonoids

Cyanidin: 163.25mg, Cyanidin: 163.25mg, Cyanidin: 163.25mg, Cyanidin: 163.25mg Delphinidin: 5.41mg, Delphinidin: 5.41mg, Delphinidin: 5.41mg, Delphinidin: 5.41mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 26.65mg, Luteolin: 26.65mg, Luteolin: 26.65mg, Luteolin: 26.65mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 25.83mg, Quercetin: 25.83mg, Quercetin: 25.83mg, Quercetin: 25.83mg

Nutrients (% of daily need)

Calories: 140.33kcal (7.02%), Fat: 9.46g (14.55%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 10.65g (3.87%), Sugar: 6.39g (7.09%), Cholesterol: 0mg (0%), Sodium: 59.45mg (2.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.87%), Vitamin K: 200.86µg (191.3%), Vitamin C: 59.26mg (71.83%), Vitamin E: 3.59mg (23.96%), Vitamin A: 1015.67IU (20.31%), Folate: 69.52µg (17.38%), Copper: 0.34mg

(17.24%), Potassium: 598.56mg (17.1%), Manganese: 0.33mg (16.69%), Vitamin B6: 0.23mg (11.5%), Fiber: 2.59g (10.35%), Iron: 1.62mg (9%), Phosphorus: 79.5mg (7.95%), Magnesium: 28.85mg (7.21%), Vitamin B1: 0.1mg (6.37%), Vitamin B3: 1.03mg (5.13%), Calcium: 48.55mg (4.86%), Zinc: 0.72mg (4.79%), Vitamin B2: 0.08mg (4.61%), Vitamin B5: 0.44mg (4.36%), Selenium: 2.16µg (3.08%)