



Radicchio Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

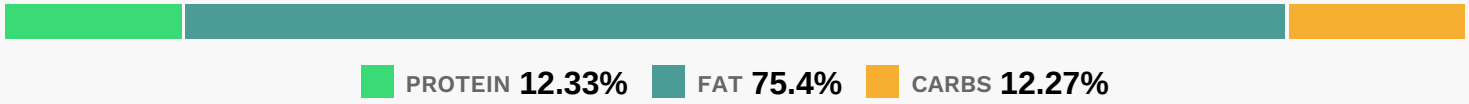
- ☐ 3 tablespoons balsamic vinegar
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 280 grams radicchio thinly sliced into 1/2-inch strips (1 medium head)
- ☐ 0.3 teaspoon sea salt fine
- ☐ 80 grams mushroom caps thinly sliced (8 medium)
- ☐ 4 ounces taleggio cheese

Equipment

Directions

- ☐
- Divide the radicchio among individual plates.
- ☐
- Drizzle with the vinegar and oil and sprinkle with the salt. Break the cheese into ¾-inch chunks and arrange them around each plate. Top with the sliced mushrooms.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:1.3, Inflammation Score:-6, Nutrition Score:10.442173903403%

Flavonoids

Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 26.6mg, Luteolin: 26.6mg, Luteolin: 26.6mg, Luteolin: 26.6mg Quercetin: 22.06mg, Quercetin: 22.06mg, Quercetin: 22.06mg, Quercetin: 22.06mg

Nutrients (% of daily need)

Calories: 207.36kcal (10.37%), Fat: 17.86g (27.48%), Saturated Fat: 6.55g (40.96%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 5.41g (1.97%), Sugar: 2.69g (2.99%), Cholesterol: 22.4mg (7.47%), Sodium: 499.75mg (21.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.14%), Vitamin K: 184.82µg (176.02%), Vitamin E: 3.09mg (20.63%), Calcium: 170.22mg (17.02%), Copper: 0.27mg (13.52%), Vitamin A: 571.72IU (11.43%), Folate: 44.6µg (11.15%), Potassium: 285.77mg (8.16%), Manganese: 0.16mg (7.93%), Vitamin C: 5.6mg (6.79%), Phosphorus: 52.68mg (5.27%), Vitamin B6: 0.1mg (4.92%), Vitamin B5: 0.49mg (4.88%), Vitamin B3: 0.95mg (4.77%), Fiber: 1.13g (4.52%), Zinc: 0.65mg (4.33%), Vitamin B2: 0.06mg (3.71%), Magnesium: 14.54mg (3.64%), Iron: 0.63mg (3.49%), Selenium: 1.77µg (2.53%)