



Radicchio Salad with Black Olive Vinaigrette and Almond Crusted Goat Cheese



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup almonds finely chopped
- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 cup olives black chopped
- ☐ 2 tablespoon dijon mustard
- ☐ 5 ounces goat cheese plain
- ☐ 1 tablespoon honey
- ☐ 0.7 cup olive oil extra-virgin

- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon pepper
- ☐ 3 small heads radicchio thinly
- ☐ 1 teaspoon salt

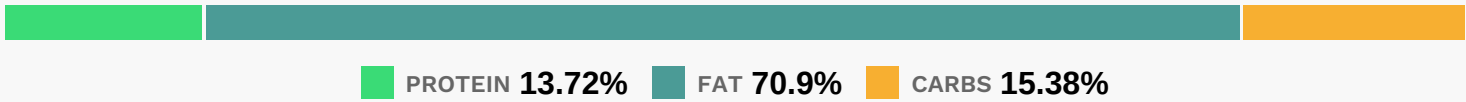
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In medium bowl, whisk vinegar, mustard, honey and oil.
- ☐ Add olives, salt, pepper and dried oregano.
- ☐ Combine thoroughly and refrigerate until chilled (about 1 hour).
- ☐ Slice goat cheese and roll 1-inch balls.
- ☐ Combine almonds and paprika in a shallow bowl.
- ☐ Roll balls in paprika almond mix until completely covered on all sides.
- ☐ Rinse radicchio and cut into narrow slices. Put sliced radicchio into large bowl and slowly add vinaigrette dressing, coating the salad entirely. Top with goat cheese balls as you would with croutons.

Nutrition Facts



Properties

Glycemic Index:24.53, Glycemic Load:1.92, Inflammation Score:-5, Nutrition Score:5.4452173755221%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg

Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 155.16kcal (7.76%), Fat: 12.6g (19.38%), Saturated Fat: 3.52g (22.02%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 4.54g (1.65%), Sugar: 4g (4.44%), Cholesterol: 8.15mg (2.72%), Sodium: 465.31mg (20.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.97%), Vitamin E: 3.1mg (20.69%), Manganese: 0.28mg (14.09%), Copper: 0.24mg (11.91%), Vitamin B2: 0.18mg (10.36%), Phosphorus: 95.3mg (9.53%), Magnesium: 31.41mg (7.85%), Fiber: 1.61g (6.43%), Calcium: 60.83mg (6.08%), Iron: 0.97mg (5.4%), Vitamin A: 268.97IU (5.38%), Vitamin K: 5.42µg (5.16%), Vitamin B6: 0.07mg (3.35%), Zinc: 0.5mg (3.31%), Selenium: 2.23µg (3.18%), Potassium: 96.7mg (2.76%), Vitamin B1: 0.04mg (2.65%), Vitamin B3: 0.46mg (2.3%), Vitamin B5: 0.18mg (1.85%), Folate: 7.4µg (1.85%)