



Radicchio Salad with Citrus, Dates, Almonds, and Parmesan Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



25

CALORIES



118 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup almonds divided
- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 kosher salt with 1/2 tsp. coarse kosher salt minced mashed
- ☐ 3 grapefruit
- ☐ 1.5 cups medjool dates whole pitted (15)
- ☐ 3 navel oranges

- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 cup parmesan divided (each 1 in.; see Notes)
- ☐ 2 large heads radicchio thinly

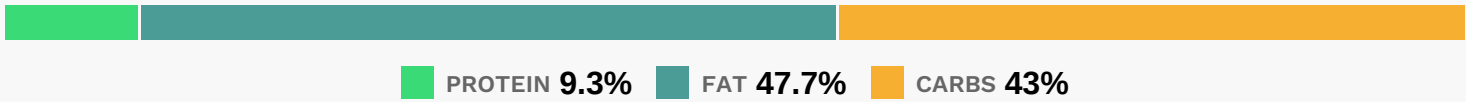
Equipment

- ☐ bowl
- ☐ knife
- ☐ cutting board

Directions

- ☐ In a small jar with a tight-fitting lid, combine garlic paste, pepper, balsamic vinegar, and olive oil. Cap jar and shake vigorously until dressing is emulsified.
- ☐ With a small, sharp knife, cut ends off grapefruit and oranges. Working with 1 fruit at a time, set it cut side down on a cutting board. Following curve of fruit with knife, slice off peel and white pith.
- ☐ Cut between inner membranes and fruit to release segments; put them in a large bowl. Discard membranes and peel.
- ☐ Pour off juices (or just pour into a glass and drink) to keep salad from getting soggy.
- ☐ Thinly slice dates and add to bowl along with radicchio, 1/2 cup parmesan shavings, and 1/4 cup almonds.
- ☐ Pour dressing over salad; toss thoroughly to coat. Turn salad onto a large platter or into a bowl and top with remaining 1/2 cup parmesan and 1/2 cup almonds.

Nutrition Facts



Properties

Glycemic Index:5.76, Glycemic Load:0.94, Inflammation Score:-5, Nutrition Score:5.0443478278492%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin:

0.05mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg
Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg,
Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 3.78mg, Hesperetin: 3.78mg, Hesperetin:
3.78mg, Hesperetin: 3.78mg Naringenin: 11.24mg, Naringenin: 11.24mg, Naringenin: 11.24mg, Naringenin: 11.24mg
Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg,
Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg,
Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 117.6kcal (5.88%), Fat: 6.62g (10.18%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 13.42g (4.47%), Net
Carbohydrates: 11.42g (4.15%), Sugar: 9.91g (11.02%), Cholesterol: 2.72mg (0.91%), Sodium: 80.42mg (3.5%), Alcohol:
Og (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.81%), Vitamin C: 19.52mg (23.66%), Vitamin E: 1.66mg (11.05%),
Vitamin A: 439.44IU (8.79%), Fiber: 2g (8%), Calcium: 79.28mg (7.93%), Manganese: 0.14mg (7.22%), Phosphorus:
63.72mg (6.37%), Magnesium: 23.03mg (5.76%), Vitamin B2: 0.09mg (5.04%), Potassium: 168.83mg (4.82%),
Copper: 0.1mg (4.75%), Folate: 13.25µg (3.31%), Vitamin B6: 0.06mg (3.06%), Vitamin B1: 0.04mg (2.63%), Vitamin
K: 2.6µg (2.47%), Vitamin B5: 0.23mg (2.34%), Vitamin B3: 0.44mg (2.21%), Zinc: 0.32mg (2.13%), Iron: 0.35mg
(1.97%), Selenium: 1.11µg (1.58%)