



Radicchio Salad with Easy Raspberry Vinaigrette



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



421 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon bell pepper green minced
- ☐ 8 ounces hearts of palm whole
- ☐ 1 bag fancy lettuce mix with herbs
- ☐ 1 head radicchio lettuce washed
- ☐ 16 ounces no sugar added dressing italian (recommended: Paul Newman's)
- ☐ 1 cup raspberries fresh
- ☐ 1 tablespoon bell pepper red minced

- ☐ 2 roma tomatoes cut into 4 wedges, optional
- ☐ 0.3 cup sugar substitute (recommended: Splenda)

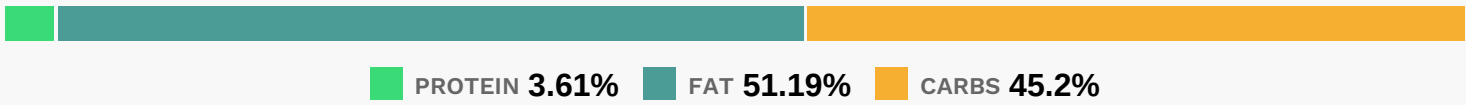
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ To a blender, add the Italian dressing, 1/2 of the raspberries, and the sugar substitute, and blend for a minute until smooth.
- ☐ Line a bowl or plate with whole radicchio leaves and pile high the lettuce mix in the center.
- ☐ Cut a tomato into 4 wedges and place around the plate in a starburst fashion with a heart of palm stick in between each.
- ☐ Sprinkle with minced bell peppers.
- ☐ Pour raspberry vinaigrette over the salad and top with a few fresh raspberries.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:7.24, Inflammation Score:-7, Nutrition Score:18.040869743928%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg

Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg
Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.12mg, Myricetin:
0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin:
2.47mg

Nutrients (% of daily need)

Calories: 420.51kcal (21.03%), Fat: 24.5g (37.69%), Saturated Fat: 3.41g (21.33%), Carbohydrates: 48.68g (16.23%),
Net Carbohydrates: 43.79g (15.93%), Sugar: 36.97g (41.08%), Cholesterol: 0mg (0%), Sodium: 1149.49mg (49.98%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.77%), Vitamin K: 101.11µg (96.3%), Potassium:
1437.83mg (41.08%), Vitamin B6: 0.64mg (32.09%), Vitamin C: 25.72mg (31.18%), Copper: 0.47mg (23.38%),
Vitamin E: 3.48mg (23.22%), Manganese: 0.45mg (22.28%), Vitamin A: 1106.61IU (22.13%), Fiber: 4.88g (19.52%),
Zinc: 2.58mg (17.23%), Folate: 65.01µg (16.25%), Phosphorus: 140.6mg (14.06%), Iron: 2.12mg (11.75%), Vitamin B2:
0.16mg (9.16%), Vitamin B1: 0.13mg (8.67%), Magnesium: 31.31mg (7.83%), Vitamin B3: 1.22mg (6.11%), Calcium:
60.24mg (6.02%), Selenium: 2.86µg (4.09%), Vitamin B5: 0.26mg (2.59%)