



Radicchio Salad with Oranges and Olives



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



170 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces feta cheese crumbled
- ☐ 6 cups frisée loosely packed halved
- ☐ 0.5 cup kalamata olives pitted halved
- ☐ 2 cups lambs lettuce loosely packed ()
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 oranges
- ☐ 5 cups castelfranco radicchio loosely packed halved
- ☐ 2 tablespoons sherry wine vinegar

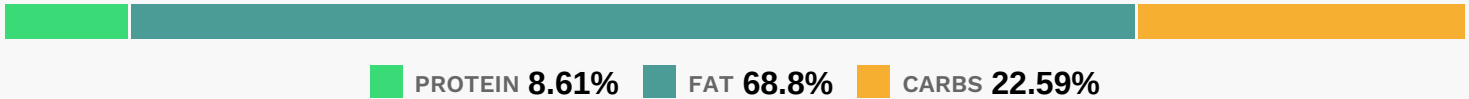
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk

Directions

- ☐ Cut peel and white pith from oranges. Working over small bowl and using small sharp knife, cut between membranes to release segments. Squeeze membranes to release juice.
- ☐ Combine 1/4 cup orange juice and vinegar in small bowl (reserve remaining juice for another use).
- ☐ Whisk in olive oil. Season with salt and pepper.
- ☐ Toss mâche, frisée, and radicchio in large bowl.
- ☐ Add orange segments, sliced red onion, and Kalamata olives.
- ☐ Drizzle orange dressing over salad and toss well to coat.
- ☐ Sprinkle with crumbled feta cheese and serve.

Nutrition Facts



Properties

Glycemic Index:8.69, Glycemic Load:2.11, Inflammation Score:-10, Nutrition Score:17.238260979238%

Flavonoids

Cyanidin: 31.75mg, Cyanidin: 31.75mg, Cyanidin: 31.75mg, Cyanidin: 31.75mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Hesperetin: 13.39mg, Hesperetin: 13.39mg, Hesperetin: 13.39mg, Hesperetin: 13.39mg Naringenin: 7.53mg, Naringenin: 7.53mg, Naringenin: 7.53mg, Naringenin: 7.53mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 10.43mg, Luteolin: 10.43mg, Luteolin: 10.43mg, Luteolin: 10.43mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.53mg, Quercetin: 10.53mg, Quercetin: 10.53mg, Quercetin: 10.53mg

Nutrients (% of daily need)

Calories: 170.47kcal (8.52%), Fat: 13.63g (20.97%), Saturated Fat: 3.35g (20.93%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 6.88g (2.5%), Sugar: 5.05g (5.61%), Cholesterol: 12.62mg (4.21%), Sodium: 316.63mg (13.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.68%), Vitamin K: 181.14µg (172.52%), Vitamin A: 3347.01IU (66.94%), Vitamin C: 42.5mg (51.52%), Vitamin E: 3.14mg (20.96%), Folate: 77.74µg (19.43%), Calcium: 141.8mg (14.18%), Manganese: 0.26mg (13.18%), Fiber: 3.18g (12.73%), Copper: 0.25mg (12.59%), Vitamin B2: 0.2mg (11.56%), Potassium: 400.06mg (11.43%), Vitamin B6: 0.18mg (9.2%), Phosphorus: 90.33mg (9.03%), Vitamin B5: 0.77mg (7.7%), Vitamin B1: 0.1mg (6.85%), Magnesium: 25mg (6.25%), Iron: 1.04mg (5.75%), Zinc: 0.84mg (5.61%), Selenium: 2.91µg (4.16%), Vitamin B12: 0.24µg (3.99%), Vitamin B3: 0.61mg (3.04%)