



HEALTH SCORE

57%

Radicchio Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



24 min.

SERVINGS



8

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 1 large head cabbage shredded
- ☐ 3 tablespoons cider vinegar
- ☐ 2 teaspoons fennel seeds
- ☐ 3 tablespoons honey
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 medium heads radicchio thinly
- ☐ 2 to 3 romaine lettuce hearts
- ☐ 8 servings gray salt and pepper black freshly ground

☐ 1 bunch watercress trimmed

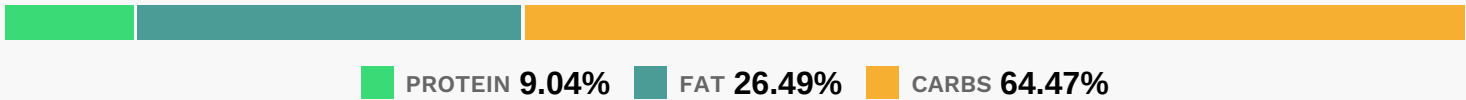
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ ziploc bags
- ☐ rolling pin
- ☐ mortar and pestle

Directions

- ☐ Prepare the dressing by placing the fennel seeds in a small saute pan over low heat. Toast, tossing occasionally, about 2 to 3 minutes, or until lightly browned. Crush the toasted seeds with the edge of a pan, in a mortar and pestle, or seal in a plastic bag and roll with a rolling pin.
- ☐ In a saucepan, place the honey, cider vinegar, salt and pepper, and toasted fennel seeds. Bring to a boil, stirring well.
- ☐ Remove from heat.
- ☐ Whisk in olive oil and season, to taste.
- ☐ Place the romaine, radicchio, cabbage, and watercress in a large serving bowl.
- ☐ Add warm dressing and toss well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.03, Glycemic Load:5.69, Inflammation Score:-7, Nutrition Score:13.555217406024%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 91.56kcal (4.58%), Fat: 2.96g (4.55%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 16.2g (5.4%), Net Carbohydrates: 11.89g (4.32%), Sugar: 11.57g (12.86%), Cholesterol: 0mg (0%), Sodium: 31.09mg (1.35%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Vitamin K: 135.97µg (129.5%), Vitamin C: 58.88mg (71.37%), Folate: 77.21µg (19.3%), Vitamin A: 863.59IU (17.27%), Fiber: 4.3g (17.22%), Manganese: 0.33mg (16.71%), Vitamin B6: 0.21mg (10.37%), Potassium: 311.58mg (8.9%), Calcium: 75.82mg (7.58%), Vitamin B1: 0.11mg (7.01%), Magnesium: 22.92mg (5.73%), Iron: 0.97mg (5.39%), Phosphorus: 47.99mg (4.8%), Vitamin E: 0.67mg (4.47%), Vitamin B2: 0.08mg (4.46%), Vitamin B5: 0.36mg (3.58%), Copper: 0.05mg (2.31%), Zinc: 0.34mg (2.27%), Vitamin B3: 0.43mg (2.17%)