



Radicchio Waldorf Salad with Cider Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



168 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 oz head cabbage red
- ☐ 0.3 cup cider reduction
- ☐ 1.5 tablespoons flat-leaf parsley chopped
- ☐ 2 teaspoons honey
- ☐ 2 tbsp juice of lemon
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 tsp pepper
- ☐ 0.8 tsp flake sea salt such as jacobsen

- ☐ 1 tart-sweet apple such as pink lady
- ☐ 0.5 cup walnuts toasted coarsely chopped

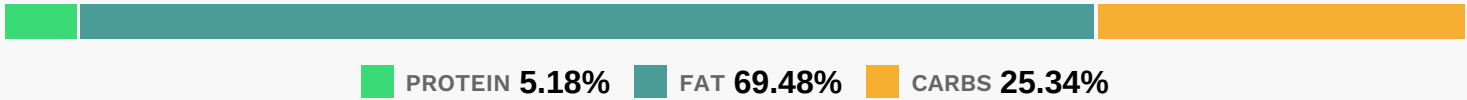
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together cider reduction, mayonnaise, honey, 3/4 tsp. salt, and 1/2 tsp. pepper in a small bowl until smooth.
- ☐ Cut radicchio in half and cut out core. Set radicchio on its side and thinly slice lengthwise; transfer to a medium bowl. Put 2 tbsp. lemon juice in a small bowl.
- ☐ Cut apple in half lengthwise, core, and set flat on work surface.
- ☐ Cut into matchsticks, tossing them in bowl of lemon juice as you go.
- ☐ Add apple and walnuts to radicchio and toss with dressing.
- ☐ Add more salt, pepper, and lemon juice if you like. Divide among salad plates and sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:41.71, Glycemic Load:2.94, Inflammation Score:-6, Nutrition Score:7.972173915933%

Flavonoids

Cyanidin: 80.05mg, Cyanidin: 80.05mg, Cyanidin: 80.05mg, Cyanidin: 80.05mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg

0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 167.73kcal (8.39%), Fat: 13.48g (20.73%), Saturated Fat: 1.71g (10.7%), Carbohydrates: 11.06g (3.69%), Net Carbohydrates: 8.79g (3.2%), Sugar: 7.22g (8.02%), Cholesterol: 3.92mg (1.31%), Sodium: 361.79mg (15.73%), Alcohol: 0.49g (100%), Alcohol %: 0.59% (100%), Protein: 2.26g (4.53%), Vitamin K: 47.26µg (45.01%), Vitamin C: 26.34mg (31.93%), Manganese: 0.46mg (23.1%), Vitamin A: 531.69IU (10.63%), Fiber: 2.27g (9.08%), Copper: 0.18mg (8.85%), Vitamin B6: 0.15mg (7.44%), Magnesium: 24.2mg (6.05%), Potassium: 183.35mg (5.24%), Phosphorus: 51.71mg (5.17%), Folate: 20.33µg (5.08%), Vitamin B1: 0.07mg (4.38%), Iron: 0.74mg (4.09%), Vitamin E: 0.49mg (3.25%), Calcium: 31.87mg (3.19%), Vitamin B2: 0.05mg (3.13%), Zinc: 0.43mg (2.88%), Vitamin B5: 0.16mg (1.6%), Vitamin B3: 0.32mg (1.59%), Selenium: 0.95µg (1.36%)