



# Radish, Enoki, Tangerine, and Avocado Salad From 'Feast

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



322 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 avocado firm pitted ripe peeled quartered
- 2 heads belgian endive separated
- 170 g enoki mushrooms cleaned cut into small bunches
- 0.5 bunch chives fresh chopped
- 3 tablespoons olive oil extra virgin extra-virgin
- 4 servings pepper freshly ground
- 8 radishes french

- 4 servings sea salt
- 4 1 tangerine

## Equipment

- bowl
- frying pan
- knife
- whisk
- mandoline
- cutting board

## Directions

- Slice the radishes as thinly as possible with a mandoline or a very sharp knife.
- Place a tangerine on the cutting board and cut off a little bit from both ends to create flat surfaces. Set the tangerine on one of the flat ends. Using a large, sharp knife, shave off the skin, peel, and as much of the pith as possible along the curve of the fruit. Squeeze any juices from the skin into a small bowl and reserve.
- Working over the bowl with the juices with a sharp paring knife, hold the tangerine in your non-dominant hand and use your dominant hand to cut the segment along the membrane.
- Cut along the opposing membrane (in a V), releasing the segment and collecting any juices and the fruit itself in the bowl below. Repeat with all the segments, then squeeze any remaining juices from the membranes and toss. Repeat with the remaining tangerines.
- Whisk together the tangerine juice with 2 tablespoons of the olive oil and a pinch of salt.
- Arrange the endives, radishes, tangerine segments, and avocados among plates.
- Heat the remaining 1 tablespoon olive oil in a medium skillet over medium heat.
- Add the enoki, season with salt, and cook until crispy and brown, 3 to 4 minutes.
- Sprinkle the cooked enoki over the salad.
- Drizzle with the dressing, season with salt and pepper, and scatter with chives.
- Serve immediately.

## Nutrition Facts

PROTEIN 4.79% FAT 66.47% CARBS 28.74%

## Properties

Glycemic Index:47.75, Glycemic Load:5.05, Inflammation Score:-8, Nutrition Score:16.626521785622%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 322.17kcal (16.11%), Fat: 25.71g (39.56%), Saturated Fat: 3.64g (22.77%), Carbohydrates: 25.01g (8.34%), Net Carbohydrates: 14.56g (5.3%), Sugar: 10.24g (11.38%), Cholesterol: 0mg (0%), Sodium: 207.76mg (9.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.35%), Vitamin C: 35.76mg (43.35%), Fiber: 10.45g (41.81%), Folate: 128.23µg (32.06%), Vitamin K: 28.76µg (27.39%), Vitamin B3: 5.14mg (25.68%), Vitamin E: 3.77mg (25.16%), Potassium: 863.59mg (24.67%), Vitamin B5: 2.21mg (22.14%), Vitamin B6: 0.39mg (19.36%), Vitamin A: 776.57IU (15.53%), Vitamin B1: 0.23mg (15.46%), Vitamin B2: 0.26mg (15.2%), Copper: 0.29mg (14.66%), Manganese: 0.26mg (12.8%), Magnesium: 50.34mg (12.59%), Phosphorus: 123.42mg (12.34%), Iron: 1.34mg (7.46%), Zinc: 1.05mg (7%), Calcium: 52.78mg (5.28%), Selenium: 1.54µg (2.19%)