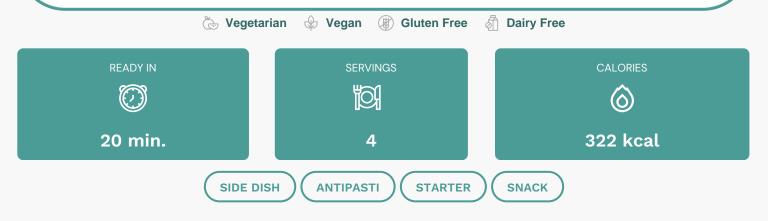


# Radish, Enoki, Tangerine, and Avocado Salad From 'Feast



### 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	
<b>-</b>		
Equipment		
	bowl	
	frying pan	
	knife	
	whisk	
	mandoline	
	cutting board	
Di	rections	
	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 juice 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**

#### **Properties**

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

#### **Flavonoids**

Cyanidin: O.33mg, Cyanidin: O.33mg, Cyanidin: O.33mg, Cyanidin: O.33mg Pelargonidin: 5.05mg, Pelargonidin: 0.37mg, Epicatechin: O.37mg, Epicatechin: O.37mg, Epicatechin: O.37mg, Epigallocatechin 3–gallate: O.15mg, Epigallocatechin 3–gallate: O.15mg, Epigallocatechin: 0.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg, Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 0.01mg, Apigenin: O.01mg, Apigenin: O.01mg, Apigenin: O.01mg, Apigenin: O.01mg, Luteolin: O.01mg, Luteolin: O.01mg, Luteolin: O.03mg, Isorhamnetin: O.03mg, Isorhamnetin: O.03mg, Isorhamnetin: O.03mg, Kaempferol: O.12mg, Kaempferol: O.12mg, Kaempferol: O.12mg, Quercetin: O.02mg, Quercetin: O.02mg, Quercetin: O.02mg, Quercetin: O.02mg, Quercetin: O.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: Omg (0%), Sodium: 207.76mg (9.03%), Alcohol: Og (100%), Alcohol %: O% (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%)