



Radish Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons apple cider
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons orange juice
- ☐ 12 ounces radishes trimmed cut into wedges
- ☐ 0.3 cup onion red finely chopped

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 1 teaspoon sugar

Equipment

☐

 bowl

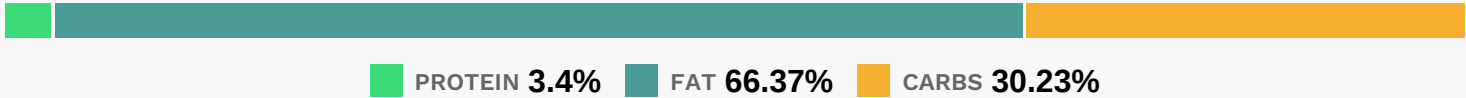
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 whisk

Directions

- ☐ In a large bowl whisk together the cider, orange juice, lime juice, olive oil, and sugar until the sugar dissolves. Taste and season with a pinch of salt and pepper.
- ☐ Add the radish wedges, cilantro, and red onion. Toss gently and refrigerate for at least an hour making sure to toss the salad midway through its ride in the refrigerator.
- ☐ Serve cold or at room temperature.

Nutrition Facts



Properties

Glycemic Index:47.64, Glycemic Load:1.47, Inflammation Score:-2, Nutrition Score:2.7617391632951%

Flavonoids

Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 62.06kcal (3.1%), Fat: 4.76g (7.32%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 4.88g (1.63%), Net Carbohydrates: 3.77g (1.37%), Sugar: 3.05g (3.39%), Cholesterol: 0mg (0%), Sodium: 23.16mg (1.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Vitamin C: 13.44mg (16.29%), Vitamin K: 5.84µg (5.56%), Potassium: 168.94mg (4.83%), Vitamin E: 0.7mg (4.7%), Folate: 18.07µg (4.52%), Fiber: 1.11g (4.42%), Manganese: 0.07mg (3.44%), Vitamin B6: 0.05mg (2.73%), Magnesium: 7.95mg (1.99%), Copper: 0.04mg (1.91%), Calcium:

18.37mg (1.84%), Vitamin B2: 0.03mg (1.68%), Phosphorus: 15.76mg (1.58%), Iron: 0.28mg (1.54%), Vitamin A: 63.52IU (1.27%), Vitamin B5: 0.13mg (1.26%), Zinc: 0.18mg (1.22%), Vitamin B1: 0.02mg (1.19%)