



Radish Salad with Goat Cheese

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



132 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups baby spinach
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup goat cheese crumbled
- ☐ 1 teaspoon honey
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 2 cups radishes with root and 1/2-inch stem left on cut lengthwise into 1/4-inch wedges,
- ☐ 0.3 teaspoon salt

☐ 4 teaspoons citrus champagne vinegar

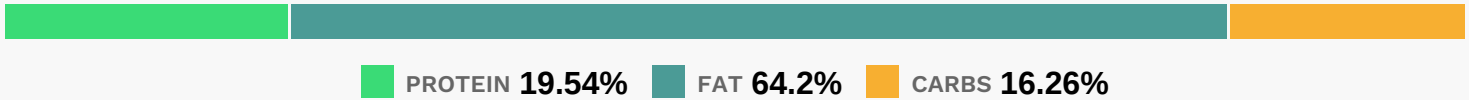
Equipment

- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ Combine first 4 ingredients in a bowl, stirring well.
- ☐ Add radishes and oregano; toss to coat.
- ☐ Place 1 cup spinach on each of 4 plates. Using a slotted spoon, top each plate with 1/2 cup radishes.
- ☐ Sprinkle each serving with 2 tablespoons cheese and 1/8 teaspoon pepper.
- ☐ Drizzle remaining dressing evenly over salads.

Nutrition Facts



Properties

Glycemic Index:38.32, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:15.082608798276%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 132.24kcal (6.61%), Fat: 9.72g (14.95%), Saturated Fat: 4.68g (29.24%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 3.35g (1.22%), Sugar: 2.95g (3.27%), Cholesterol: 13.05mg (4.35%), Sodium: 296.98mg (12.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.65g (13.31%), Vitamin K: 156.45µg (149%), Vitamin A: 3132.9IU (62.66%), Manganese: 0.44mg (21.79%), Vitamin C: 17.08mg (20.7%), Folate: 79.14µg (19.79%), Copper: 0.29mg (14.41%), Iron: 2.08mg (11.58%), Vitamin B2: 0.19mg (11.46%), Calcium: 105.53mg (10.55%), Phosphorus: 101.65mg (10.17%), Magnesium: 38.08mg (9.52%), Potassium: 331.92mg (9.48%), Vitamin E: 1.39mg (9.3%), Vitamin B6: 0.18mg (9.24%), Fiber: 2.19g (8.74%), Zinc: 0.62mg (4.17%), Vitamin B1: 0.05mg (3.51%), Vitamin B5: 0.32mg (3.24%), Vitamin B3: 0.55mg (2.75%), Selenium: 1.53µg (2.18%)