



Radish Salad with Mint and Pistachios



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound pink radishes red cut into 1/ wedges
- ☐ 1 lemon zest grated
- ☐ 0.3 cup shallots minced
- ☐ 3 juice of lemon
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup pistachios shelled
- ☐ 10 large mint leaves sliced chopped thin (spearmint)
- ☐ 1 Tbsp olive oil extra virgin

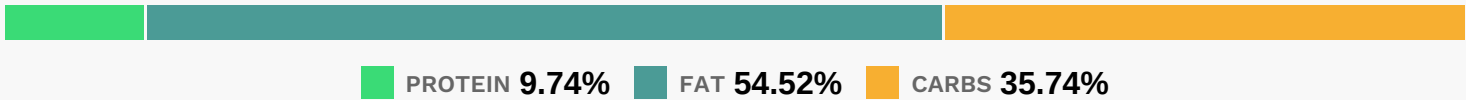
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Marinate radish wedges:
- ☐ Mix the radish wedges, minced shallots, lemon zest, lemon juice, and salt in a bowl.
- ☐ Let sit for 15 to 30 minutes.
- ☐ Toast the pistachios: Toast the shelled pistachios by heating a small skillet on medium high heat.
- ☐ Add the pistachios and heat until lightly browned.
- ☐ Remove from heat and let cool.
- ☐ Strain excess liquid: When you are ready to serve, if there is a lot of excess liquid in the radishes, strain some of it out.
- ☐ Toss the toasted pistachios, mint, and olive oil in with the radishes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:1.49, Inflammation Score:-5, Nutrition Score:7.2930435201396%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Pelargonidin: 71.59mg, Pelargonidin: 71.59mg, Pelargonidin: 71.59mg, Pelargonidin: 71.59mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 1.87mg, Eriodictyol: 1.87mg, Eriodictyol: 1.87mg, Eriodictyol: 1.87mg Hesperetin: 3.51mg, Hesperetin: 3.51mg, Hesperetin: 3.51mg, Hesperetin: 3.51mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg

0.31mg, Naringenin: 0.31mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 110.34kcal (5.52%), Fat: 7.2g (11.08%), Saturated Fat: 0.96g (6.03%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 7.11g (2.59%), Sugar: 4.49g (4.99%), Cholesterol: 0mg (0%), Sodium: 337.92mg (14.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.79%), Vitamin C: 29.83mg (36.16%), Fiber: 3.51g (14.02%), Vitamin B6: 0.28mg (13.92%), Potassium: 432.3mg (12.35%), Manganese: 0.25mg (12.33%), Folate: 44.84µg (11.21%), Copper: 0.18mg (9.15%), Phosphorus: 73.03mg (7.3%), Magnesium: 27.33mg (6.83%), Vitamin B1: 0.1mg (6.51%), Iron: 1.04mg (5.8%), Calcium: 51.54mg (5.15%), Vitamin E: 0.72mg (4.83%), Vitamin B2: 0.07mg (4.16%), Zinc: 0.59mg (3.93%), Vitamin K: 3.7µg (3.52%), Vitamin B5: 0.31mg (3.13%), Vitamin A: 148.73IU (2.97%), Vitamin B3: 0.49mg (2.43%), Selenium: 1.43µg (2.04%)