



# Red Radish Salad

 Vegetarian  Gluten Free

READY IN

ready

10 min.

SERVINGS

servings

4

CALORIES

calories

121 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.5 european cucumber seedless thinly sliced
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 juice of lemon juiced
- ☐ 8 radishes red thinly sliced
- ☐ 2 delicious apples cored thinly sliced quartered
- ☐ 4 servings salt and pepper black
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 teaspoons sugar

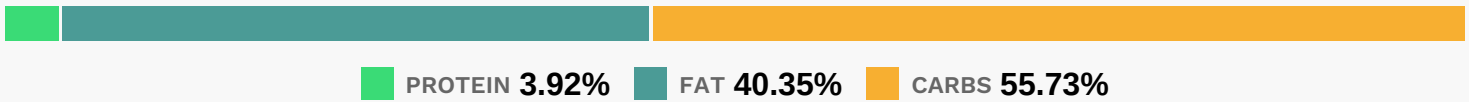
# Equipment

☐ bowl

# Directions

- ☐ Combine sugar, lemon juice, and sour cream in a medium bowl with a fork.
- ☐ Add radishes, apple, and cucumber.
- ☐ Turn vegetables and fruit in dressing to coat. Season with dill, salt, and pepper, toss again; serve.

# Nutrition Facts



# Properties

Glycemic Index:37.27, Glycemic Load:4.76, Inflammation Score:-3, Nutrition Score:3.7330434996149%

# Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

# Nutrients (% of daily need)

Calories: 120.59kcal (6.03%), Fat: 5.81g (8.94%), Saturated Fat: 2.95g (18.43%), Carbohydrates: 18.05g (6.02%), Net Carbohydrates: 15.52g (5.64%), Sugar: 13.4g (14.89%), Cholesterol: 16.96mg (5.65%), Sodium: 207.7mg (9.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin C: 9.75mg (11.82%), Fiber: 2.53g (10.1%), Vitamin K: 8.69µg (8.27%), Potassium: 216.35mg (6.18%), Vitamin A: 284.07IU (5.68%), Vitamin B2: 0.09mg (5.27%), Calcium: 43.5mg (4.35%), Phosphorus: 43.19mg (4.32%), Manganese: 0.07mg (3.71%), Vitamin B6: 0.07mg (3.68%),

Magnesium: 13.66mg (3.42%), Vitamin B5: 0.27mg (2.73%), Folate: 10.88µg (2.72%), Copper: 0.05mg (2.55%),  
Vitamin B1: 0.03mg (2.28%), Vitamin E: 0.3mg (1.97%), Selenium: 1.24µg (1.78%), Zinc: 0.23mg (1.57%), Iron: 0.28mg  
(1.57%), Vitamin B12: 0.06µg (1.01%)