



WHATSheATE



Red Salad: Radicchio with Pomegranate Chile Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



412 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup mild oil flavored (such as grapeseed)
- ☐ 0.5 juice of lemon (juice only)
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 teaspoon freshly cracked pepper black plus more to finish)
- ☐ 4 servings pink salt such as hibiscus pyramid salt flakes wild to taste
- ☐ 0.5 cup pistachios shelled toasted (and)
- ☐ 1 pomegranate

- ☐ 2 tablespoon pomegranate molasses
- ☐ 2 small heads radicchio thinly
- ☐ 0.3 teaspoon chile flakes red to taste (or)
- ☐ 2 tablespoon red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon sugar

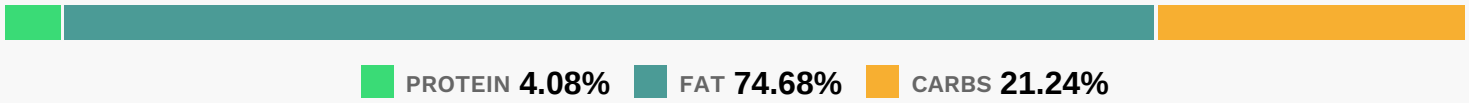
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Combine the red wine vinegar, pomegranate molasses and chili flakes a blender or a mini food processor. With the machine running, slowly drizzle in both oils. Turn the machine off and stir in the lemon juice and sugar; season with salt and black pepper. Use right away, or cover and refrigerate up to 3 days. Shake well before using.Prepare the radicchio: Halve each head of radicchio through the core.
- ☐ Remove the core from each half by making a v-shaped cut on either side of the core; discard core.
- ☐ Cut the radicchio crosswise into ½-inch ribbons, placing them into a large bowl; set aside.
- ☐ Add the pomegranate seeds and pistachio nuts to the bowl with the radicchio ribbons.
- ☐ Drizzle about 3 tablespoons of the prepared vinaigrette over the top; toss to combine.
- ☐ Serve immediately on individual plates. Finish with a pinch of pink salt and a grind of black pepper.Like this:Like Loading...

Nutrition Facts



Properties

Glycemic Index:46.77, Glycemic Load:7.61, Inflammation Score:-3, Nutrition Score:9.3143478061842%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 412.02kcal (20.6%), Fat: 35.34g (54.36%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 18.11g (6.59%), Sugar: 14.69g (16.33%), Cholesterol: 0mg (0%), Sodium: 489.84mg (21.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.69%), Vitamin E: 5.24mg (34.91%), Vitamin K: 31.28µg (29.79%), Fiber: 4.49g (17.98%), Vitamin B6: 0.32mg (15.96%), Copper: 0.32mg (15.88%), Manganese: 0.29mg (14.62%), Vitamin B1: 0.18mg (12.16%), Vitamin C: 9.58mg (11.61%), Phosphorus: 102.39mg (10.24%), Potassium: 336.61mg (9.62%), Folate: 35.74µg (8.93%), Magnesium: 28.07mg (7.02%), Iron: 0.97mg (5.37%), Zinc: 0.6mg (4%), Vitamin B2: 0.06mg (3.77%), Vitamin B5: 0.35mg (3.55%), Calcium: 25.37mg (2.54%), Vitamin B3: 0.43mg (2.14%), Selenium: 1.47µg (2.1%), Vitamin A: 101.91IU (2.04%)