



Roasted Balsamic Radicchio



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



109 kcal

SIDE DISH

Ingredients



4 servings balsamic vinegar (for drizzling)



1 tablespoon thyme sprigs fresh chopped



3 tablespoons olive oil



2 large heads radicchio thinly with some core still attached halved cut into 3 wedges (1 pound total)

Equipment



bowl



baking sheet

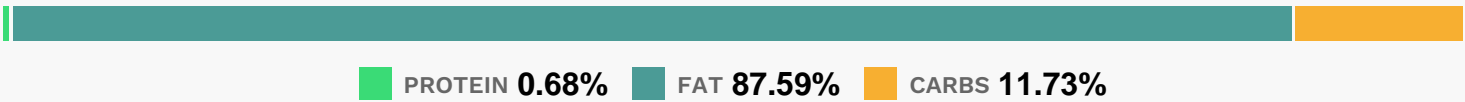


oven

Directions

- ☐ Preheat oven to 450°F. Rinse radicchio wedges in cold water; gently shake off excess water (do not dry completely).
- ☐ Place radicchio in large bowl.
- ☐ Drizzle with olive oil and sprinkle with thyme, salt, and pepper; toss to coat.
- ☐ Arrange radicchio wedges, 1 cut side up, on rimmed baking sheet. Roast until wilted, about 12 minutes. Turn over and roast until tender, about 8 minutes longer.
- ☐ Arrange radicchio on platter, drizzle with balsamic vinegar, and serve.
- ☐ Market Tip
- ☐ Radicchio (red-leaf Italian chicory) is available in many varieties. The most widely distributed in this country are the round head variety (di Castelfranco or di Chioggia), traditionally used in salads, and the long, flat, finger-shaped radicchio di Treviso, which is excellent grilled.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:1.44, Inflammation Score:-8, Nutrition Score:1.5221739070409%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 108.78kcal (5.44%), Fat: 10.53g (16.2%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.93g (1.06%), Sugar: 2.39g (2.66%), Cholesterol: 0mg (0%), Sodium: 4.16mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.37%), Vitamin E: 1.52mg (10.16%), Vitamin K: 7.6µg (7.23%), Vitamin C: 2.84mg (3.44%), Iron: 0.48mg (2.68%), Manganese: 0.05mg (2.59%), Vitamin A: 83.28IU (1.67%), Magnesium: 4.78mg (1.2%), Calcium: 11.61mg (1.16%)