

Roasted Carrot, Hazelnut And Radicchio Salad With Honey And Orange Recipe

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



290 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 blood oranges
- 2 pounds carrots scrubbed
- 4 tablespoons olive oil extra virgin
- 0.3 cup hazelnuts toasted coarsely chopped
- 1 tablespoon honey
- 1 small head radicchio thinly
- 4 servings sea salt flaked

- 4 servings salt and pepper freshly ground fine

Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- cutting board
- peeler

Directions

- Preheat the oven to 400°F. Take two swipes of peel off the orange with a vegetable peeler and set the orange aside. Toss together the carrots, shallots, orange zest and 3 tablespoons of the olive oil in a medium bowl. Season with fine sea salt and pepper, toss again and spread out on a baking sheet. Roast until the carrots are fork-tender, about 20 minutes.
- Place the orange on the cutting board and cut off a little bit from both ends to create flat surfaces. Set the orange on one of the flat ends. Using a large, sharp knife, shave off the skin, peel and as much of the pith as possible along the curve of the fruit. Squeeze any juices from the skin into a small bowl and reserve. Working over the bowl with the juices with a sharp paring knife, hold the orange in your nondominant hand and use your dominant hand to cut the segment along the membrane.
- Cut along the opposing membrane (in a V), releasing the segment and collecting any juices and the fruit itself in the bowl below. Repeat with all the segments, then squeeze any remaining juices from the membranes and toss.
- Whisk together the juice with the remaining 1 tablespoon olive oil and the honey. Taste with a tip of radicchio; the dressing should be subtly sweet and not too bitter. Arrange the radicchio on a platter. Arrange the roasted carrots, shallots, and orange segments over the radicchio and top with the hazelnuts.
- Drizzle with the dressing and sprinkle with flaked sea salt.
- Serve immediately. Try out these salad recipes on Food Republic: [Tamarind Beef & Kohlrabi Salad Recipe](#)

Brussels Sprouts Salad With Soppressata Vinaigrette Recipe

Roasted Garlic Kale & Quinoa Salad With Cranberries Recipe

Nutrition Facts

PROTEIN 5% **FAT 56.56%** **CARBS 38.44%**

Properties

Glycemic Index:39.15, Glycemic Load:9.67, Inflammation Score:-10, Nutrition Score:21.8934782222515%

Flavonoids

Cyanidin: 48.12mg, Cyanidin: 48.12mg, Cyanidin: 48.12mg, Cyanidin: 48.12mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 14.52mg, Luteolin: 14.52mg, Luteolin: 14.52mg, Luteolin: 14.52mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 12.31mg, Quercetin: 12.31mg, Quercetin: 12.31mg, Quercetin: 12.31mg

Nutrients (% of daily need)

Calories: 289.96kcal (14.5%), Fat: 19.2g (29.54%), Saturated Fat: 2.36g (14.76%), Carbohydrates: 29.37g (9.79%), Net Carbohydrates: 21.87g (7.95%), Sugar: 15.91g (17.68%), Cholesterol: 0mg (0%), Sodium: 552.81mg (24.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.63%), Vitamin A: 37907.51IU (758.15%), Vitamin K: 135.06µg (128.62%), Manganese: 0.85mg (42.26%), Vitamin E: 5.49mg (36.61%), Fiber: 7.5g (30.02%), Potassium: 898.83mg (25.68%), Vitamin C: 18.61mg (22.56%), Vitamin B6: 0.38mg (18.99%), Folate: 75.15µg (18.79%), Copper: 0.36mg (18.13%), Vitamin B1: 0.21mg (13.78%), Vitamin B3: 2.48mg (12.38%), Phosphorus: 116.79mg (11.68%), Magnesium: 44.76mg (11.19%), Calcium: 92.51mg (9.25%), Vitamin B2: 0.15mg (9.05%), Vitamin B5: 0.8mg (8.01%), Iron: 1.35mg (7.52%), Zinc: 0.98mg (6.5%), Selenium: 0.8µg (1.15%)