



WHATSheATE



## Roasted Radicchio with Anchovy Vinaigrette, Preserved Lemon, and Breadcrumbs

READY IN



45 min.

SERVINGS



6

CALORIES



281 kcal

SIDE DISH

### Ingredients

- ☐ 2 cups unseasoned bread cubes white crustless
- ☐ 4 teaspoons sea salt
- ☐ 1 garlic clove pressed
- ☐ 1 optional: lemon thinly sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 tablespoons olive oil divided
- ☐ 0.3 teaspoon oregano dried
- ☐ 6 servings parmesan (for garnish)

- ☐ 2 heads radicchio thinly with some core attached to each wedge cut into 6 wedges ( 1 pound total)
- ☐ 0.1 teaspoon pepper dried red crushed
- ☐ 1 pinch sugar

## Equipment

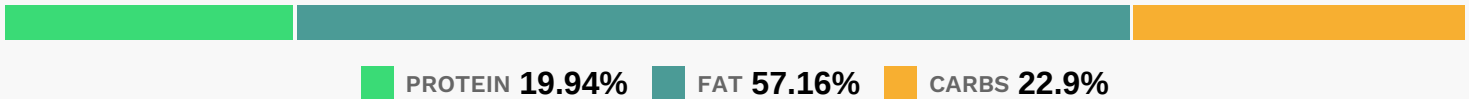
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ rolling pin
- ☐ tongs

## Directions

- ☐ Mix lemon slices,lemon juice, and coarse sea salt in smallskillet. Bring to boil; reduce heat to medium-low,cover, and simmer until almost tender,about 10 minutes. Uncover and cool.
- ☐ Drainlemon slices. Using sharp knife, cut slices inhalf, then cut pulp away from peel; discardpulp. DO AHEAD: Can be made 1 weekahead. Cover and chill.
- ☐ Mix cheese, lemonjuice, garlic, minced anchovies, and pinchof sugar in medium bowl.
- ☐ Whisk in olive oiland 1 1/2 teaspoons oil from anchovy tin.Season vinaigrette to taste with salt andpepper. DO AHEAD: Can be made 1 dayahead. Cover and chill. Bring to roomtemperature and rewhisk before using.
- ☐ Preheat oven to 350°F. Line rimmed bakingsheet with foil.
- ☐ Mix 1 tablespoon olive oiland garlic in medium bowl.
- ☐ Add bread cubes,oregano, and crushed red pepper; sprinklewith salt and pepper.
- ☐ Transfer bread cubesto prepared baking sheet.
- ☐ Bake bread cubes until golden brown,tossing occasionally, about 20 minutes. Cool.

- ☐ Transfer to work surface. Cover with papertowels. Using mallet or rolling pin, crush breadcubes into breadcrumbs.
- ☐ Preheat broiler. Line same baking sheet with fresh sheet of foil.
- ☐ Place radicchio wedges in large bowl.
- ☐ Drizzle remaining 3 tablespoons oil over; sprinkle with salt and pepper and toss to coat. Arrange wedges on prepared sheet. Broil until beginning to brown, about 3 minutes. Using tongs, turn radicchio over, fanning leaves out slightly. Broil until radicchio is soft and beginning to brown with some edges beginning to char, watching carefully to prevent burning, about 2 minutes longer.
- ☐ Return radicchio to same large bowl.
- ☐ Drizzle enough dressing over to coat; toss. Arrange wedges on plates.
- ☐ Sprinkle breadcrumbs over. Top with cheese shavings, arrange a few preserved lemon peel strips over, and serve.

## Nutrition Facts



## Properties

Glycemic Index:36.04, Glycemic Load:5.49, Inflammation Score:-7, Nutrition Score:16.890434866366%

## Flavonoids

Cyanidin: 118.52mg, Cyanidin: 118.52mg, Cyanidin: 118.52mg, Cyanidin: 118.52mg Delphinidin: 7.17mg, Delphinidin: 7.17mg, Delphinidin: 7.17mg, Delphinidin: 7.17mg Eriodictyol: 4.09mg, Eriodictyol: 4.09mg, Eriodictyol: 4.09mg, Eriodictyol: 4.09mg Hesperetin: 5.75mg, Hesperetin: 5.75mg, Hesperetin: 5.75mg, Hesperetin: 5.75mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 35.8mg, Luteolin: 35.8mg, Luteolin: 35.8mg, Luteolin: 35.8mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 29.64mg, Quercetin: 29.64mg, Quercetin: 29.64mg, Quercetin: 29.64mg

## Nutrients (% of daily need)

Calories: 280.77kcal (14.04%), Fat: 18.24g (28.06%), Saturated Fat: 6.41g (40.06%), Carbohydrates: 16.45g (5.48%), Net Carbohydrates: 14.28g (5.19%), Sugar: 2.62g (2.91%), Cholesterol: 20.4mg (6.8%), Sodium: 2141.13mg (93.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.32g (28.63%), Vitamin K: 245.61µg (233.92%), Calcium: 404.67mg (40.47%), Phosphorus: 273.91mg (27.39%), Vitamin E: 3.62mg (24.14%), Vitamin C: 19.14mg (23.2%), Folate: 77.17µg (19.29%), Manganese: 0.38mg (19.03%), Selenium: 13.13µg (18.76%), Copper: 0.37mg (18.33%), Zinc:

1.63mg (10.83%), Potassium: 370.06mg (10.57%), Vitamin B2: 0.18mg (10.5%), Iron: 1.67mg (9.3%), Magnesium: 35.18mg (8.79%), Fiber: 2.17g (8.66%), Vitamin B1: 0.11mg (7.53%), Vitamin B3: 1.4mg (6.99%), Vitamin B6: 0.13mg (6.29%), Vitamin B12: 0.36µg (6%), Vitamin B5: 0.58mg (5.85%), Vitamin A: 277.95IU (5.56%)