



Salad with Roasted Root Vegetable Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons apple cider vinegar
- 0.3 cup apple juice concentrate frozen thawed
- 1 spear belgian endive stemmed chopped
- 0.3 teaspoon pepper black freshly ground
- 1 roasted carrot
- 0.8 teaspoon kosher salt
- 1 teaspoon maple syrup
- 0.3 cup olive oil extra-virgin

- 1 roasted parsnip
- 0.5 head radicchio thinly chopped
- 0.5 head romaine lettuce chopped
- 0.5 roasted shallot

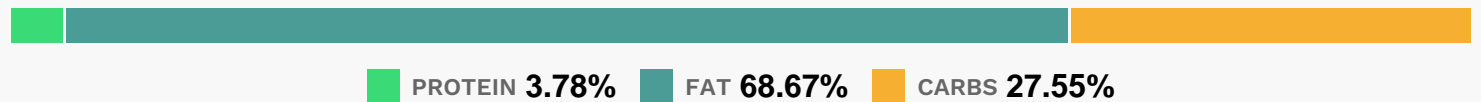
Equipment

- food processor
- bowl
- blender

Directions

- Place the oil, apple juice concentrate, vinegar, maple syrup, salt, pepper, carrot, parsnip and shallot in a blender or food processor. Blend until smooth.
- Place the lettuce, radicchio and endive in a salad bowl.
- Add the vinaigrette and toss until coated.

Nutrition Facts



Properties

Glycemic Index:69.52, Glycemic Load:4.42, Inflammation Score:-10, Nutrition Score:18.552608749141%

Flavonoids

Cyanidin: 44.45mg, Cyanidin: 44.45mg, Cyanidin: 44.45mg, Cyanidin: 44.45mg Delphinidin: 2.69mg, Delphinidin: 2.69mg, Delphinidin: 2.69mg, Delphinidin: 2.69mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 13.37mg, Luteolin: 13.37mg, Luteolin: 13.37mg, Luteolin: 13.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.26mg, Quercetin: 13.26mg, Quercetin: 13.26mg, Quercetin: 13.26mg

Nutrients (% of daily need)

Calories: 234.03kcal (11.7%), Fat: 18.52g (28.49%), Saturated Fat: 2.57g (16.05%), Carbohydrates: 16.71g (5.57%), Net Carbohydrates: 11.85g (4.31%), Sugar: 6.54g (7.27%), Cholesterol: 0mg (0%), Sodium: 466.56mg (20.29%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.59%), Vitamin A: 9377.5IU (187.55%), Vitamin K: 191.25µg (182.15%), Folate: 162.27µg (40.57%), Vitamin E: 4.17mg (27.78%), Manganese: 0.52mg (25.91%), Fiber: 4.86g (19.43%), Vitamin C: 14.18mg (17.19%), Potassium: 558.48mg (15.96%), Copper: 0.22mg (11.21%), Vitamin B1: 0.12mg (8.1%), Iron: 1.45mg (8.08%), Magnesium: 32.3mg (8.07%), Phosphorus: 77.53mg (7.75%), Vitamin B6: 0.15mg (7.66%), Vitamin B2: 0.12mg (7.04%), Calcium: 59.81mg (5.98%), Vitamin B5: 0.52mg (5.17%), Zinc: 0.72mg (4.78%), Vitamin B3: 0.8mg (3.98%), Selenium: 1.43µg (2.05%)