



# Sauteed Radicchio with Honey and Balsamic Vinegar

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



43 kcal

SIDE DISH

## Ingredients

- 2 heads radicchio thinly cored
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 serving coarse mustard
- 2 tablespoons balsamic vinegar
- 1 tablespoon honey

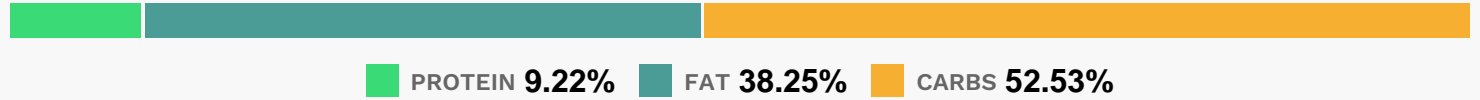
## Equipment

- frying pan

## Directions

- Rinse radicchio (leave some water still clinging to leaves). In a large skillet, heat oil over medium-high.
- Add radicchio and season with salt and pepper. Cook, tossing, until tender, about 4 minutes.
- Add vinegar and honey and stir to combine.

## Nutrition Facts



## Properties

Glycemic Index:16.78, Glycemic Load:1.47, Inflammation Score:-4, Nutrition Score:7.6904348083164%

## Flavonoids

Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg Luteolin: 26.59mg, Luteolin: 26.59mg, Luteolin: 26.59mg, Luteolin: 26.59mg Quercetin: 22.06mg, Quercetin: 22.06mg, Quercetin: 22.06mg, Quercetin: 22.06mg

## Nutrients (% of daily need)

Calories: 43.45kcal (2.17%), Fat: 1.95g (2.99%), Saturated Fat: 0.29g (1.78%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 5.35g (1.95%), Sugar: 3.18g (3.54%), Cholesterol: 0mg (0%), Sodium: 23.33mg (1.01%), Alcohol: 0g (100%), Protein: 1.05g (2.11%), Vitamin K: 179.56µg (171.01%), Vitamin E: 1.84mg (12.24%), Copper: 0.24mg (12.06%), Folate: 42.1µg (10.52%), Vitamin C: 5.62mg (6.81%), Potassium: 218.2mg (6.23%), Manganese: 0.11mg (5.33%), Zinc: 0.45mg (2.98%), Phosphorus: 29.54mg (2.95%), Fiber: 0.66g (2.65%), Iron: 0.46mg (2.55%), Magnesium: 9.93mg (2.48%), Vitamin B6: 0.04mg (2.05%), Vitamin B5: 0.19mg (1.92%), Calcium: 14.95mg (1.49%), Vitamin B2: 0.02mg (1.24%), Selenium: 0.86µg (1.23%)