



Shaved Cauliflower and Radicchio Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



107 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bosc pear ripe
- ☐ 6 celery stalks with leaves
- ☐ 0.3 cup chives thinly sliced
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup flat parsley
- ☐ 8 servings pepper freshly ground
- ☐ 1 optional: lemon
- ☐ 0.5 head round cake cored cut into florets

- ☐ 0.5 head radicchio thinly cored quartered
- ☐ 0.3 cup walnut oil
- ☐ 0.3 cup walnut pieces toasted coarsely chopped

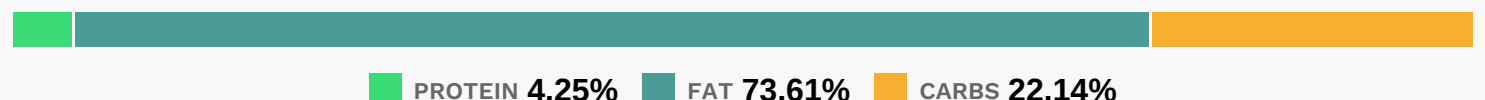
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ mandoline

Directions

- ☐ Push cauliflower florets, then radicchio, through the feed tube of a food processor fitted with a slicing disk, or thinly slice cauliflower on a mandoline and radicchio with a knife.
- ☐ Mix in a large bowl.
- ☐ Peel rounded side of celery with a peeler to remove strings.
- ☐ Remove leaves; add to bowl. Thinly slice stalks with a knife; place in bowl and add chives and parsley. Finely grate zest from whole lemon directly over the bowl to catch any citrus oil. Toss to mix well. Squeeze juice from lemon for dressing.
- ☐ Place 1 tablespoon juice in a small bowl.
- ☐ Whisk in Dijon mustard. Gradually whisk in oil. Season with salt and pepper.
- ☐ Up to 1 hour before serving, add dressing to salad; toss to coat. Season salad with salt, pepper, and more lemon juice, if desired.
- ☐ Cut pear into matchstick-size pieces.
- ☐ Add pear and walnuts to salad; toss to combine.
- ☐ Per serving: 112 calories, 9 g fat, 6 g carbohydrates
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:31.91, Glycemic Load:1.32, Inflammation Score:-4, Nutrition Score:6.8278261708177%

Flavonoids

Cyanidin: 22.78mg, Cyanidin: 22.78mg, Cyanidin: 22.78mg, Cyanidin: 22.78mg Delphinidin: 1.34mg, Delphinidin: 1.34mg, Delphinidin: 1.34mg, Delphinidin: 1.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 4.13mg, Apigenin: 4.13mg, Apigenin: 4.13mg, Apigenin: 4.13mg Luteolin: 6.96mg, Luteolin: 6.96mg, Luteolin: 6.96mg, Luteolin: 6.96mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 107.42kcal (5.37%), Fat: 9.39g (14.44%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 4.66g (1.7%), Sugar: 2.83g (3.14%), Cholesterol: 0.06mg (0.02%), Sodium: 22.06mg (0.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Vitamin K: 81.2µg (77.33%), Vitamin C: 12.88mg (15.61%), Manganese: 0.19mg (9.63%), Copper: 0.15mg (7.46%), Fiber: 1.69g (6.76%), Folate: 22.5µg (5.63%), Vitamin A: 241.35IU (4.83%), Potassium: 138.57mg (3.96%), Vitamin E: 0.53mg (3.5%), Magnesium: 13.26mg (3.31%), Phosphorus: 28.61mg (2.86%), Iron: 0.5mg (2.78%), Vitamin B6: 0.05mg (2.68%), Zinc: 0.29mg (1.95%), Vitamin B1: 0.03mg (1.95%), Calcium: 18.63mg (1.86%), Vitamin B2: 0.03mg (1.47%), Vitamin B5: 0.13mg (1.29%), Selenium: 0.87µg (1.25%)