



Soppressata Bundles with Radicchio and Goat Cheese



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



1

CALORIES



927 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces goat cheese fresh softened
- ☐ 1 teaspoon olive oil extra virgin extra-virgin
- ☐ 5 pepperoncini peppers stemmed seeded chopped
- ☐ 3 tablespoons pinenuts toasted
- ☐ 1 head radicchio thinly shredded finely (small)
- ☐ 1 teaspoon red wine vinegar
- ☐ 4 ounces soppressata thin (24 slices)

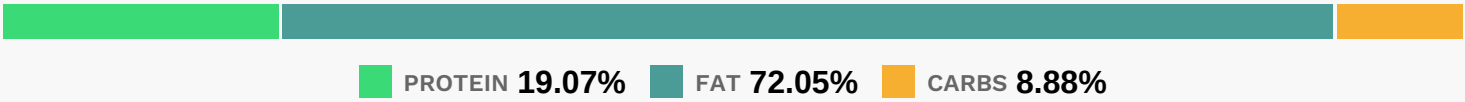
Equipment

☐ bowl

Directions

- ☐ In a bowl, toss the radicchio with the peperoncini, goat cheese, vinegar, oil and pine nuts. Arrange the soppressata on a work surface and mound the radicchio salad on the sliced soppressata.
- ☐ Roll up like a cone and serve.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.51, Inflammation Score:-10, Nutrition Score:50.5099999264841%

Flavonoids

Cyanidin: 355.57mg, Cyanidin: 355.57mg, Cyanidin: 355.57mg, Cyanidin: 355.57mg Delphinidin: 21.5mg, Delphinidin: 21.5mg, Delphinidin: 21.5mg, Delphinidin: 21.5mg Luteolin: 106.35mg, Luteolin: 106.35mg, Luteolin: 106.35mg, Luteolin: 106.35mg Quercetin: 88.23mg, Quercetin: 88.23mg, Quercetin: 88.23mg, Quercetin: 88.23mg

Nutrients (% of daily need)

Calories: 927.33kcal (46.37%), Fat: 75.64g (116.36%), Saturated Fat: 23.96g (149.76%), Carbohydrates: 20.98g (6.99%), Net Carbohydrates: 15.65g (5.69%), Sugar: 4.24g (4.71%), Cholesterol: 115.67mg (38.56%), Sodium: 2840.63mg (123.51%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 45.05g (90.1%), Vitamin K: 738.35µg (703.19%), Manganese: 3.22mg (160.77%), Copper: 1.99mg (99.74%), Vitamin B1: 1.29mg (85.92%), Vitamin C: 64.01mg (77.59%), Phosphorus: 705.73mg (70.57%), Vitamin E: 10.15mg (67.67%), Zinc: 9.08mg (60.55%), Vitamin B6: 1.13mg (56.59%), Vitamin B12: 3.28µg (54.71%), Folate: 201.77µg (50.44%), Selenium: 33.27µg (47.53%), Vitamin B3: 9.25mg (46.23%), Potassium: 1598.08mg (45.66%), Vitamin B2: 0.76mg (44.89%), Magnesium: 154.42mg (38.6%), Iron: 6.08mg (33.79%), Vitamin B5: 2.57mg (25.67%), Fiber: 5.33g (21.32%), Vitamin A: 840IU (16.8%), Calcium: 159.46mg (15.95%), Vitamin D: 0.23µg (1.51%)