



WHATSheATE



Spinach, Radish Slaw with Crispy Chiles and Pepitas



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



232 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 16 servings canola oil
- ☐ 6 new mexico chiles dried stemmed
- ☐ 1 teaspoon dijon mustard
- ☐ 4 ounces feta cheese crumbled
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 20 ounce radishes red trimmed

- ☐ 0.7 cup pepitas raw shelled (pumpkin seeds)
- ☐ 2 tablespoons sherry wine vinegar
- ☐ 36 ounce spinach leaves (not baby spinach)

Equipment

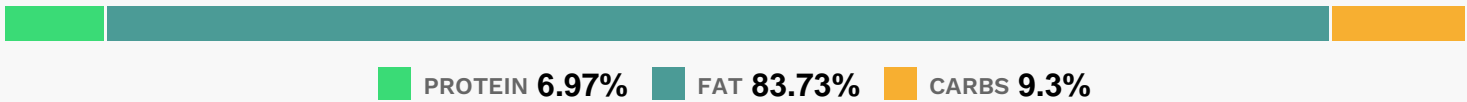
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ sieve
- ☐ slotted spoon
- ☐ kitchen scissors

Directions

- ☐ Whisk both vinegars and mustard in small bowl. Gradually whisk in olive oil. Season to taste with salt and pepper. DO AHEAD: Dressing can be made 1 day ahead. Cover and refrigerate. Bring to room temperature before using.
- ☐ Cut chiles in half lengthwise; discard seeds. Using scissors, cut chiles crosswise into 1/4-inch strips.
- ☐ Pour enough canola oil into large skillet to reach depth of about 1/8 inch; heat over medium-high heat.
- ☐ Add chiles and fry until beginning to crisp, about 45 seconds. Using slotted spoon, transfer to paper towels to drain.
- ☐ Add pepitas to same skillet and fry until golden brown and crisp, 1 to 2 minutes.
- ☐ Transfer to another set of paper towels to drain.
- ☐ Sprinkle chiles and pepitas with salt. Cool completely. DO AHEAD: Can be made 1 day ahead. Store airtight at room temperature.
- ☐ Line 1 large bowl and 1 small bowl with paper towels. Working in batches, stack spinach leaves into piles and cut crosswise into 1/4-inch-thick strips.
- ☐ Transfer to prepared large bowl.

- ☐ Using grating disk on processor, grateradishes.
- ☐ Place in strainer set over anotherbowl; drain 15 minutes.
- ☐ Transfer to smallbowl lined with paper towels. DO AHEAD: Can be made 8 hours ahead. Cover; chill.
- ☐ Place spinach, radishes, chiles, pepitas,and cheese in very large bowl. Toss withdressing. Season with salt and pepper.
- ☐ * Available at some supermarkets and atspecialty foods stores and Latin markets.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:1.15, Inflammation Score:-10, Nutrition Score:21.646087001199%

Flavonoids

Pelargonidin: 22.37mg, Pelargonidin: 22.37mg, Pelargonidin: 22.37mg, Pelargonidin: 22.37mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 4.37mg, Kaempferol: 4.37mg, Kaempferol: 4.37mg, Kaempferol: 4.37mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 231.89kcal (11.59%), Fat: 22.45g (34.54%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 3.21g (1.17%), Sugar: 1.87g (2.08%), Cholesterol: 6.31mg (2.1%), Sodium: 150.5mg (6.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.41%), Vitamin K: 324.38µg (308.93%), Vitamin A: 6174.94IU (123.5%), Vitamin C: 47.48mg (57.55%), Manganese: 0.76mg (37.91%), Folate: 140.32µg (35.08%), Vitamin E: 4.69mg (31.26%), Magnesium: 75.27mg (18.82%), Potassium: 521.42mg (14.9%), Vitamin B6: 0.27mg (13.45%), Iron: 2.35mg (13.06%), Vitamin B2: 0.21mg (12.53%), Calcium: 111.03mg (11.1%), Phosphorus: 103mg (10.3%), Fiber: 2.4g (9.59%), Copper: 0.16mg (8.05%), Zinc: 0.9mg (5.98%), Vitamin B1: 0.08mg (5.66%), Vitamin B3: 0.97mg (4.83%), Selenium: 2.36µg (3.37%), Vitamin B5: 0.22mg (2.23%), Vitamin B12: 0.12µg (2%)