



Spinach, Roasted Carrot and Radicchio Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



8

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 oz baby spinach loosely packed
- ☐ 1 pound carrots (6 large)
- ☐ 1 teaspoon dijon mustard
- ☐ 1 grapefruit
- ☐ 2 tablespoons grapefruit juice fresh
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup olive oil
- ☐ 1 tablespoon olive oil

- ☐ 2 tablespoons orange juice fresh
- ☐ 2 oranges
- ☐ 1 cup pecan halves
- ☐ 10 oz radicchio thinly
- ☐ 8 servings salt and pepper
- ☐ 0.5 cup shallots finely minced

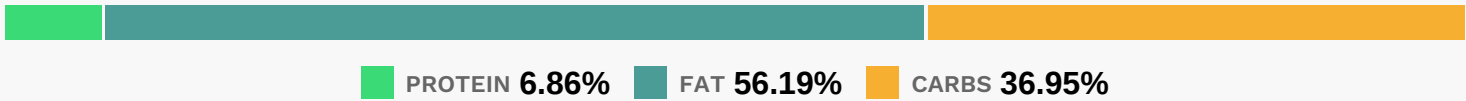
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400F. Peel carrots and cut into 1/4-inch-thick slices on the diagonal. On a large baking sheet lined with foil, toss carrots with oil, salt and pepper. Roast, shaking sheet a couple of times, until carrots are tender and caramelized around edges, about 20 minutes.
- ☐ Let cool.
- ☐ Spread pecans on a baking sheet; bake until toasted and fragrant, shaking sheet once, about 7 minutes.
- ☐ Transfer pecans to a bowl; let cool.
- ☐ Peel oranges and grapefruit. Working over a bowl, cut between membranes to release segments.
- ☐ Whisk together all ingredients and season with salt and pepper. Just before serving, toss all salad ingredients together with dressing.

Nutrition Facts



Properties

Glycemic Index:39.79, Glycemic Load:5.02, Inflammation Score:-10, Nutrition Score:21.599130392075%

Flavonoids

Cyanidin: 46.33mg, Cyanidin: 46.33mg, Cyanidin: 46.33mg, Cyanidin: 46.33mg Delphinidin: 3.62mg, Delphinidin: 3.62mg, Delphinidin: 3.62mg, Delphinidin: 3.62mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 10.09mg, Hesperetin: 10.09mg, Hesperetin: 10.09mg, Hesperetin: 10.09mg Naringenin: 15.6mg, Naringenin: 15.6mg, Naringenin: 15.6mg, Naringenin: 15.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 13.95mg, Luteolin: 13.95mg, Luteolin: 13.95mg, Luteolin: 13.95mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 12.41mg, Quercetin: 12.41mg, Quercetin: 12.41mg, Quercetin: 12.41mg

Nutrients (% of daily need)

Calories: 205.46kcal (10.27%), Fat: 13.81g (21.24%), Saturated Fat: 1.45g (9.06%), Carbohydrates: 20.43g (6.81%), Net Carbohydrates: 15.05g (5.47%), Sugar: 10.78g (11.98%), Cholesterol: 0mg (0%), Sodium: 266.4mg (11.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.59%), Vitamin A: 11934.1IU (238.68%), Vitamin K: 203.79µg (194.08%), Vitamin C: 45.47mg (55.11%), Manganese: 0.94mg (47.01%), Folate: 97.16µg (24.29%), Fiber: 5.38g (21.54%), Copper: 0.36mg (18.18%), Potassium: 629.16mg (17.98%), Vitamin E: 2.54mg (16.91%), Magnesium: 53.81mg (13.45%), Vitamin B1: 0.2mg (13.23%), Vitamin B6: 0.26mg (12.87%), Phosphorus: 100.04mg (10%), Iron: 1.56mg (8.67%), Calcium: 82.32mg (8.23%), Zinc: 1.15mg (7.64%), Vitamin B2: 0.13mg (7.49%), Vitamin B5: 0.6mg (5.98%), Vitamin B3: 1.17mg (5.84%), Selenium: 1.65µg (2.36%)