



Sweet-and-Sour Radicchio



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion thinly sliced
- ☐ 2 tablespoons pinenuts toasted
- ☐ 1.5 pounds radicchio thinly cored cut into 8 wedges
- ☐ 0.3 cup raisins
- ☐ 1.5 teaspoons salt

- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons butter unsalted

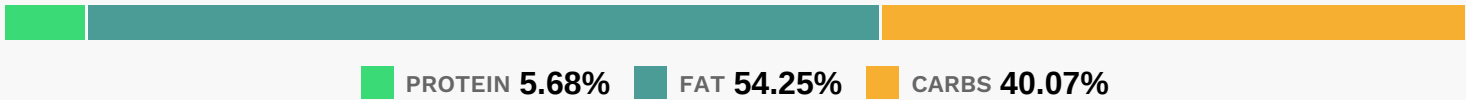
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter with oil in heavy large skillet over medium-high heat.
- ☐ Add onion and sugar. Sauté until onion is lightly browned, about 7 minutes.
- ☐ Add vinegar; stir to blend.
- ☐ Add radicchio, raisins, salt, and pepper. Cook until radicchio is just wilted, about 5 minutes.
- ☐ Transfer to serving dish; sprinkle with pine nuts.

Nutrition Facts



Properties

Glycemic Index:37.98, Glycemic Load:6.8, Inflammation Score:-7, Nutrition Score:12.530434804118%

Flavonoids

Cyanidin: 144mg, Cyanidin: 144mg, Cyanidin: 144mg, Cyanidin: 144mg Delphinidin: 8.71mg, Delphinidin: 8.71mg, Delphinidin: 8.71mg, Delphinidin: 8.71mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 43.08mg, Luteolin: 43.08mg, Luteolin: 43.08mg, Luteolin: 43.08mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 40.81mg, Quercetin: 40.81mg, Quercetin: 40.81mg, Quercetin: 40.81mg

Nutrients (% of daily need)

Calories: 177.07kcal (8.85%), Fat: 11.1g (17.08%), Saturated Fat: 3.3g (20.62%), Carbohydrates: 18.45g (6.15%), Net Carbohydrates: 16.29g (5.92%), Sugar: 5.94g (6.6%), Cholesterol: 10.03mg (3.34%), Sodium: 611.32mg (26.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.23%), Vitamin K: 294.47µg (280.45%), Manganese: 0.58mg (28.82%), Vitamin E: 3.66mg (24.41%), Copper: 0.47mg (23.5%), Folate: 74.33µg (18.58%), Potassium: 483.44mg (13.81%), Vitamin C: 11.38mg (13.8%), Fiber: 2.16g (8.64%), Phosphorus: 80.79mg (8.08%), Magnesium: 29.41mg (7.35%), Zinc: 0.99mg (6.61%), Iron: 1.18mg (6.57%), Vitamin B6: 0.11mg (5.68%), Vitamin B2: 0.06mg (3.73%), Vitamin B5: 0.36mg (3.57%), Vitamin B1: 0.05mg (3.41%), Calcium: 33.78mg (3.38%), Vitamin A: 149.62IU

(2.99%), Vitamin B3: 0.56mg (2.79%), Selenium: 1.32µg (1.88%)