



## Tangy Radicchio, Endive, and Spinach Salad



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 4 cups baby spinach loosely packed
- ☐ 1 belgian endive thinly sliced
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 1 ounce gorgonzola cheese crumbled
- ☐ 14 ounce hearts of palm drained sliced canned
- ☐ 1 tablespoon honey
- ☐ 0.1 teaspoon kosher salt

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons orange juice fresh
- ☐ 1 small head radicchio thinly thinly sliced
- ☐ 0.3 cup shallots minced 1
- ☐ 2 tablespoons sherry vinegar

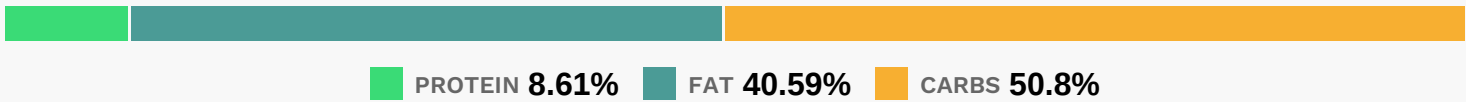
## Equipment

- ☐ bowl
- ☐ whisk

## Directions

- ☐ Combine first 5 ingredients in a large bowl; let stand 10 minutes.
- ☐ Add oil, honey, and Dijon mustard to shallot mixture, stirring with a whisk until well blended.
- ☐ Add spinach and next 3 ingredients, tossing gently to coat.
- ☐ Sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:42.88, Glycemic Load:2.34, Inflammation Score:-9, Nutrition Score:17.659565089837%

## Flavonoids

Cyanidin: 31.75mg, Cyanidin: 31.75mg, Cyanidin: 31.75mg, Cyanidin: 31.75mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 9.65mg, Luteolin: 9.65mg, Luteolin: 9.65mg, Luteolin: 9.65mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg

## Nutrients (% of daily need)

Calories: 188.33kcal (9.42%), Fat: 8.69g (13.37%), Saturated Fat: 1.92g (11.97%), Carbohydrates: 24.46g (8.15%), Net Carbohydrates: 22.15g (8.06%), Sugar: 15.75g (17.5%), Cholesterol: 3.54mg (1.18%), Sodium: 144.62mg (6.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.29%), Vitamin K: 164.84µg (156.99%), Potassium: 1462.4mg (41.78%), Vitamin A: 1978.29IU (39.57%), Vitamin B6: 0.64mg (31.92%), Copper: 0.56mg (27.89%), Vitamin C: 16.83mg (20.4%), Folate: 79.83µg (19.96%), Zinc: 2.93mg (19.5%), Vitamin E: 2.33mg (15.54%), Phosphorus: 141.37mg (14.14%), Manganese: 0.27mg (13.34%), Iron: 2.06mg (11.46%), Vitamin B2: 0.19mg (11.17%), Fiber: 2.31g (9.24%), Magnesium: 31.07mg (7.77%), Calcium: 68.67mg (6.87%), Vitamin B1: 0.07mg (4.81%), Vitamin B3: 0.92mg (4.59%), Selenium: 2.03µg (2.9%), Vitamin B5: 0.22mg (2.2%)