



Three Color Salad: Insalata Tri Colore



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons balsamic vinegar 3 1 tablespoones
- ☐ 4 servings coarse salt and pepper black
- ☐ 1 medium bulb endive
- ☐ 1 cup olive oil extra-virgin 4 glugs
- ☐ 1 medium head radicchio thinly
- ☐ 2 hearts romaine lettuce
- ☐ 1 small shallots minced

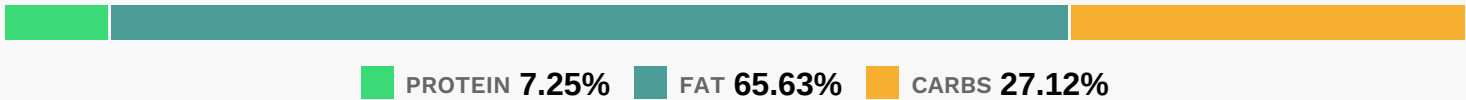
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ stove
- ☐ microwave

Directions

- ☐ Coarsely chop hearts of romaine; shred radicchio; thinly slice endive lengthwise.
- ☐ Combine greens in a salad bowl.
- ☐ Pour olive oil into a microwave safe dish.
- ☐ Add shallots to oil and place oil in microwave.
- ☐ Heat oil and shallots for 30 seconds on high.
- ☐ Remove from microwave and let stand 5 minutes. (Oil and shallots may be heated over low heat on the stovetop in a small pan for 2 to 3 minutes.
- ☐ Remove from heat and let stand until cool.)
- ☐ Pour oil and shallots in a bowl and whisk in 3 tablespoons balsamic vinegar.
- ☐ Drizzle vinaigrette over salad and toss to coat. Season with salt and pepper, to your taste.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:1.4, Inflammation Score:-10, Nutrition Score:18.892608772153%

Flavonoids

Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 26.66mg, Luteolin: 26.66mg, Luteolin: 26.66mg, Luteolin: 26.66mg Kaempferol: 11.37mg, Kaempferol: 11.37mg, Kaempferol: 11.37mg, Kaempferol: 11.37mg Quercetin: 22.36mg, Quercetin: 22.36mg, Quercetin: 22.36mg, Quercetin: 22.36mg

Nutrients (% of daily need)

Calories: 148.14kcal (7.41%), Fat: 11.25g (17.3%), Saturated Fat: 1.59g (9.96%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 5.85g (2.13%), Sugar: 3.15g (3.5%), Cholesterol: 0mg (0%), Sodium: 238.79mg (10.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.59%), Vitamin K: 459.28µg (437.41%), Vitamin A: 3676.42IU (73.53%), Folate: 222.91µg (55.73%), Manganese: 0.63mg (31.26%), Vitamin E: 3.65mg (24.35%), Fiber: 4.61g (18.45%), Copper: 0.37mg (18.28%), Potassium: 633.69mg (18.11%), Vitamin C: 13.97mg (16.94%), Vitamin B5: 1.24mg (12.39%), Iron: 1.69mg (9.4%), Zinc: 1.39mg (9.27%), Calcium: 82.2mg (8.22%), Magnesium: 30.69mg (7.67%), Vitamin B1: 0.12mg (7.67%), Phosphorus: 69.73mg (6.97%), Vitamin B2: 0.11mg (6.74%), Vitamin B6: 0.09mg (4.72%), Vitamin B3: 0.68mg (3.42%), Selenium: 0.99µg (1.41%)