



Treviso Salad with Orange Vinaigrette and Manchego

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



147 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup flat parsley coarsely chopped
- ☐ 4 teaspoons honey
- ☐ 10 servings pepper freshly ground
- ☐ 4 ounce manchego cheese
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.3 cup orange juice fresh
- ☐ 1 teaspoon orange zest finely grated

- ☐ 4 teaspoons red wine vinegar
- ☐ 0.5 cup walnut pieces toasted chopped
- ☐ 1 pound frangelico thin
- ☐ 1 pound frangelico thin

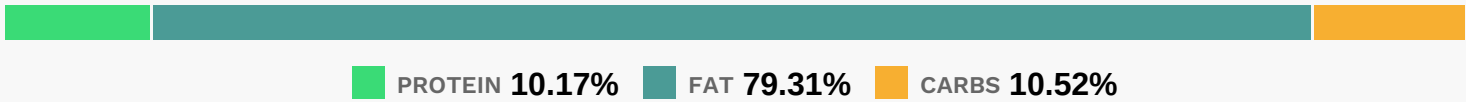
Equipment

- ☐ bowl
- ☐ whisk
- ☐ peeler

Directions

- ☐ Whisk oil, orange juice, honey, and vinegar in a large bowl until well blended. Season vinaigrette to taste with salt and pepper.
- ☐ Add Treviso to bowl with vinaigrette; toss to coat. Divide among plates. Scatter walnuts over. Using a vegetable peeler, shave cheese onto salads.
- ☐ Garnish with parsley and orange zest.
- ☐ Per serving: 160 calories, 14 g fat, 1 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:1.64, Inflammation Score:-2, Nutrition Score:4.0191304489322%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

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Nutrients (% of daily need)

Calories: 147.31kcal (7.37%), Fat: 13.29g (20.45%), Saturated Fat: 3.94g (24.65%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 3.46g (1.26%), Sugar: 2.99g (3.32%), Cholesterol: 12.13mg (4.04%), Sodium: 70.26mg (3.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.67%), Vitamin K: 28.18µg (26.84%), Calcium: 130.93mg (13.09%), Manganese: 0.22mg (10.94%), Vitamin C: 5.47mg (6.63%), Vitamin E: 0.83mg (5.56%), Copper: 0.1mg (5.03%), Vitamin A: 203.69IU (4.07%), Magnesium: 11.03mg (2.76%), Folate: 10.01µg (2.5%), Phosphorus: 22.64mg (2.26%), Fiber: 0.51g (2.02%), Iron: 0.34mg (1.88%), Vitamin B6: 0.04mg (1.83%), Vitamin B1: 0.03mg (1.81%), Potassium: 50.55mg (1.44%), Zinc: 0.21mg (1.39%)