

 **53%**
HEALTH SCORE

Tri Colore Salad

 **Gluten Free**

READY IN

**15 min.**

SERVINGS

**6**

CALORIES

**219 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 pound baby arugula dried washed chopped
- 1 teaspoon dijon mustard
- 2 spears endive dried washed coarsely chopped
- 3 tablespoon olive oil extra-virgin
- 6 servings parmesan shaved
- 1 small head radicchio thinly dried washed coarsely chopped
- 3 tablespoons red wine vinegar
- 6 servings salt and pepper freshly ground

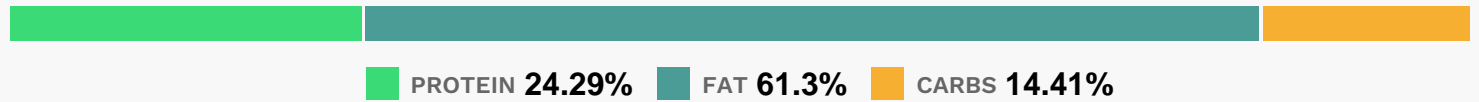
Equipment

- bowl
- whisk

Directions

- Combine all 3 lettuces in large bowl and season with salt and pepper, to taste.
- Whisk the mustard, vinegar, and oil together in a small bowl and season with salt and pepper, to taste.
- Pour dressing over salad and toss to combine. Top with some shavings of Parmesan.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:0.6, Inflammation Score:-10, Nutrition Score:24.107391378154%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 9.5mg, Luteolin: 9.5mg, Luteolin: 9.5mg, Luteolin: 9.5mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 23.94mg, Kaempferol: 23.94mg, Kaempferol: 23.94mg, Kaempferol: 23.94mg Quercetin: 9.87mg, Quercetin: 9.87mg, Quercetin: 9.87mg, Quercetin: 9.87mg

Nutrients (% of daily need)

Calories: 218.96kcal (10.95%), Fat: 15.31g (23.55%), Saturated Fat: 6g (37.5%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.29g (1.44%), Cholesterol: 20.4mg (6.8%), Sodium: 729.6mg (31.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.65g (27.29%), Vitamin K: 442.45µg (421.38%), Vitamin A: 4090.13IU (81.8%), Folate: 254.6µg (63.65%), Calcium: 479.43mg (47.94%), Manganese: 0.76mg (37.94%), Phosphorus: 274.8mg (27.48%), Fiber: 5.31g (21.26%), Potassium: 671.37mg (19.18%), Vitamin C: 15.57mg (18.87%), Vitamin B5: 1.67mg (16.66%), Vitamin E: 2.41mg (16.07%), Zinc: 2.29mg (15.28%), Vitamin B2: 0.24mg (14.2%), Copper: 0.26mg (13.2%), Magnesium: 51.5mg (12.87%), Iron: 2.09mg (11.61%), Selenium: 7.63µg (10.91%), Vitamin B1: 0.15mg (9.89%), Vitamin B12: 0.36µg (6%), Vitamin B6: 0.09mg (4.53%), Vitamin B3: 0.83mg (4.13%)