



Winter leaf & parsnip salad with walnuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



10

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 parsnips sliced into 1cm rounds
- ☐ 2 tbsp vegetable oil
- ☐ 100 g walnut halves
- ☐ 3 large heads radicchio thinly separated
- ☐ 200 g baby spinach mixed such as baby spinach and watercress
- ☐ 10 servings balsamic vinaigrette salad dressing (see below)

Equipment

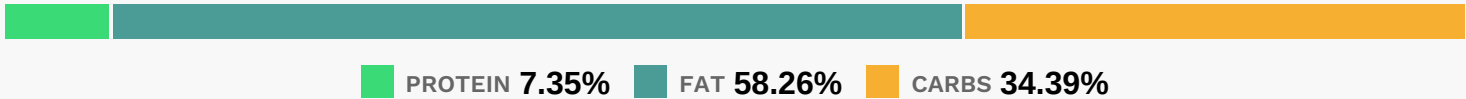
- ☐ bowl

☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss the parsnips with the oil in a roasting tin, then roast for 20–25 mins until golden and tender.
- ☐ Add the nuts and roast for 15 mins more until the nuts are coloured. Take from the oven and cool. Can be cooked up to 2 days ahead.
- ☐ Put all the leaves, parsnips and nuts into a large serving bowl.
- ☐ Make the vinaigrette according to the recipe below and serve on the side this way your guests can add their own dressing, and your salad wont go soggy if its not eaten straight away.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:4.45, Inflammation Score:-9, Nutrition Score:14.933478158453%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg 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: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 145.1kcal (7.26%), Fat: 10.01g (15.39%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 9.14g (3.32%), Sugar: 3.35g (3.72%), Cholesterol: 0mg (0%), Sodium: 22.28mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin K: 117.58µg (111.98%), Manganese: 0.87mg (43.42%), Vitamin A: 1877.48IU (37.55%), Folate: 90.32µg (22.58%), Vitamin C: 16.31mg (19.77%), Fiber: 4.15g (16.6%), Copper: 0.26mg (13.02%), Magnesium: 49.62mg (12.4%), Vitamin E: 1.68mg (11.17%), Potassium: 389.19mg (11.12%), Phosphorus: 88.54mg (8.85%), Vitamin B6: 0.15mg (7.43%), Vitamin B1: 0.11mg (7.04%), Iron: 1.2mg (6.67%), Zinc: 0.78mg (5.22%), Calcium: 51.98mg (5.2%), Vitamin B2: 0.08mg (4.93%), Vitamin B5: 0.44mg (4.43%), Vitamin B3: 0.69mg (3.46%), Selenium: 1.82µg (2.61%)