



Winter Radish Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



75 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup buttermilk
- ☐ 1 piece daikon radish peeled
- ☐ 0.5 fuji apple sliced into wedges
- ☐ 4 cups the salad mixed loosely packed
- ☐ 0.5 teaspoon pepper black
- ☐ 3 radishes red sliced into matchsticks
- ☐ 2 tablespoons cheese blue crumbled
- ☐ 0.3 teaspoon sea salt fine

- ☐ 2 tablespoons cream sour
- ☐ 1 watermelon radish peeled thinly sliced

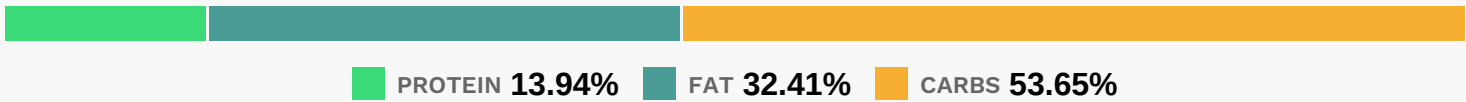
Equipment

- ☐ bowl
- ☐ whisk
- ☐ peeler

Directions

- ☐ Using a 5-holed peeler or vegetable peeler, shave long strands from daikon until you have about 1/2 cup. Save leftover radish for another use.
- ☐ In a small bowl, whisk together buttermilk, sour cream, 2 tbsp. roquefort, the salt, and pepper (or put those ingredients in a pint jar and shake vigorously).
- ☐ Divide greens among 4 salad plates.
- ☐ Drizzle dressing over greens.
- ☐ Garnish with radishes, apple, and remaining cheese.
- ☐ Make ahead: Dressing, covered and chilled, up to 1 week.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:2.05, Inflammation Score:-6, Nutrition Score:7.3839129183603%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Pelargonidin: 28.72mg, Pelargonidin: 28.72mg, Pelargonidin: 28.72mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 74.88kcal (3.74%), Fat: 2.87g (4.42%), Saturated Fat: 1.6g (10%), Carbohydrates: 10.69g (3.56%), Net Carbohydrates: 8g (2.91%), Sugar: 6.28g (6.98%), Cholesterol: 7.82mg (2.61%), Sodium: 249.37mg (10.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Vitamin C: 35.7mg (43.28%), Folate: 52.93µg (13.23%), Potassium: 431.04mg (12.32%), Vitamin A: 560.07IU (11.2%), Fiber: 2.69g (10.76%), Calcium: 83.74mg (8.37%), Manganese: 0.16mg (8.2%), Copper: 0.16mg (7.79%), Phosphorus: 77.89mg (7.79%), Magnesium: 26.94mg (6.74%), Vitamin B2: 0.11mg (6.49%), Vitamin B6: 0.13mg (6.35%), Iron: 0.82mg (4.54%), Vitamin B5: 0.39mg (3.95%), Zinc: 0.52mg (3.47%), Selenium: 2.32µg (3.32%), Vitamin B1: 0.05mg (3.18%), Vitamin B3: 0.58mg (2.91%), Vitamin B12: 0.12µg (2.07%), Vitamin K: 1.97µg (1.88%), Vitamin D: 0.21µg (1.42%)