



Absolutely Fabulous Frise-Easy Salad



Vegetarian



Gluten Free

READY IN



17 min.

SERVINGS



4

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons chives snipped chopped
- ☐ 0.3 cucumber seedless halved lengthwise thinly sliced
- ☐ 6 cups frisée lettuce trimmed
- ☐ 8 ounce goat cheese log
- ☐ 16 grape tomatoes
- ☐ 0.3 juice of lemon juiced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup pistachios shelled sliced

- ☐ 0.3 onion red sliced
- ☐ 4 servings salt and pepper
- ☐ 1 small shallots minced
- ☐ 2 tablespoons tarragon leaves chopped
- ☐ 1 tablespoon citrus champagne vinegar

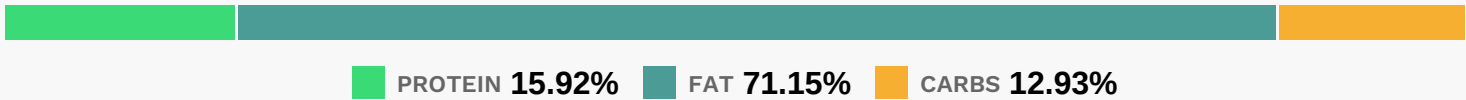
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cut goat cheese into 4 equal portions and reserve.
- ☐ Divide the frisee among 4 plates. Scatter the cucumber, chives, tomatoes, nuts, onions and tarragon equally among the portions of lettuce. Crumble a 2-ounce portion of cheese over each salad.
- ☐ Place shallot in a small bowl with vinegar and lemon juice.
- ☐ Let vinegar stand 5 to 10 minutes.
- ☐ Whisk in extra-virgin olive oil in a slow stream.
- ☐ Drizzle dressing over each salad, then season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:2.26, Inflammation Score:-10, Nutrition Score:28.376087043596%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg

Naringenin: 0.54mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 387.29kcal (19.36%), Fat: 31.86g (49.01%), Saturated Fat: 10.72g (66.99%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 7.04g (2.56%), Sugar: 4.5g (5%), Cholesterol: 26.08mg (8.69%), Sodium: 443.93mg (19.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.04g (32.09%), Vitamin K: 245.66µg (233.97%), Vitamin A: 5705.14IU (114.1%), Manganese: 1.05mg (52.52%), Vitamin E: 7.07mg (47.13%), Copper: 0.84mg (41.94%), Vitamin C: 32.65mg (39.58%), Folate: 121.64µg (30.41%), Vitamin B2: 0.49mg (29.03%), Phosphorus: 274.99mg (27.5%), Calcium: 241.53mg (24.15%), Fiber: 5.99g (23.94%), Magnesium: 87.9mg (21.97%), Potassium: 749.6mg (21.42%), Iron: 3.77mg (20.93%), Vitamin B6: 0.42mg (20.81%), Vitamin B5: 1.45mg (14.54%), Vitamin B1: 0.16mg (10.43%), Zinc: 1.54mg (10.25%), Vitamin B3: 1.81mg (9.04%), Selenium: 2.63µg (3.75%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.23µg (1.51%)