



Apple, Almond, and Endive Salad with Creamy Herb Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



118 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 2 medium fuji apples cored thinly sliced
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 teaspoons chervil fresh finely chopped
- ☐ 1.3 teaspoons dijon mustard
- ☐ 2 heads endive green separated trimmed

- ☐ 2 heads endive red separated trimmed
- ☐ 3 tablespoons flat-leaf parsley leaves fresh
- ☐ 1.5 teaspoons chives fresh finely chopped
- ☐ 1.5 teaspoons flat-leaf parsley fresh finely chopped
- ☐ 1.5 teaspoons tarragon fresh finely chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 3 tablespoons canola mayonnaise
- ☐ 2 teaspoons tarragon vinegar
- ☐ 2 teaspoons blond verjus

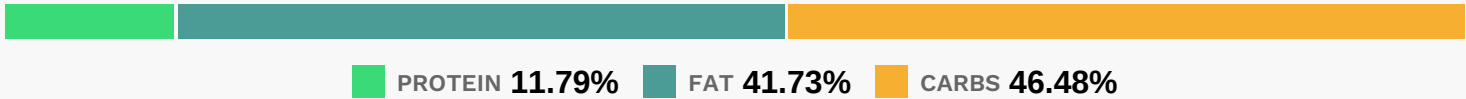
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a small bowl; stir with a whisk. Stir in tarragon and next 5 ingredients (through 1/8 teaspoon pepper).
- ☐ Combine apples and endives.
- ☐ Add 1/4 cup dressing; toss gently.
- ☐ Add remaining dressing, if needed, to coat apple mixture.
- ☐ Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Arrange 3/4 cup salad mixture on each of 8 salad plates. Top with almonds and parsley.

Nutrition Facts



Properties

Glycemic Index:63.38, Glycemic Load:2.1, Inflammation Score:-10, Nutrition Score:24.353913184741%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 3.44mg, Epicatechin: 3.44mg, Epicatechin: 3.44mg, Epicatechin: 3.44mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 22.84mg, Kaempferol: 22.84mg, Kaempferol: 22.84mg, Kaempferol: 22.84mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 117.61kcal (5.88%), Fat: 6g (9.23%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 15.04g (5.01%), Net Carbohydrates: 6.47g (2.35%), Sugar: 5.6g (6.23%), Cholesterol: 2.2mg (0.74%), Sodium: 165.82mg (7.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.63%), Vitamin K: 554.78µg (528.36%), Vitamin A: 5057.78IU (101.16%), Folate: 326.05µg (81.51%), Manganese: 1.08mg (53.82%), Fiber: 8.57g (34.27%), Vitamin C: 19.05mg (23.09%), Potassium: 800.95mg (22.88%), Vitamin B5: 2.09mg (20.86%), Copper: 0.27mg (13.64%), Calcium: 135.7mg (13.57%), Vitamin E: 2mg (13.3%), Vitamin B1: 0.2mg (13.21%), Vitamin B2: 0.22mg (13.05%), Zinc: 1.93mg (12.89%), Iron: 2.29mg (12.7%), Magnesium: 46.55mg (11.64%), Phosphorus: 86.23mg (8.62%), Vitamin B3: 1.11mg (5.53%), Vitamin B6: 0.08mg (3.98%), Selenium: 0.99µg (1.41%)