



## Apple and Endive Salad with Honey Vinaigrette



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1 apples sweet such as fuji ( 8 oz.), rinsed, cored, and thinly sliced lengthwise
- ☐ 2 ounces cheese blue crumbled
- ☐ 1 tablespoon mild olive oil
- ☐ 2 tablespoons orange blossom
- ☐ 0.3 cup pecan halves toasted coarsely chopped (see notes)
- ☐ 2 heads belgian endive white red rinsed ends trimmed cut lengthwise into 1/4-inch-wide slivers ( 11 oz. total)
- ☐ 6 servings salt

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2 tablespoons citrus champagne vinegar

## Equipment

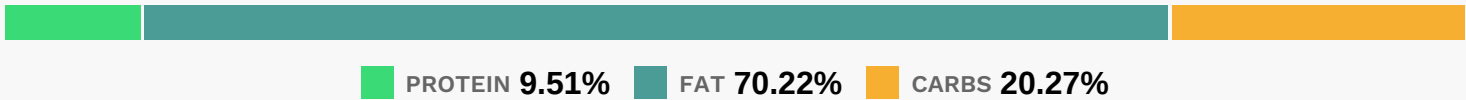
☐

bowl

## Directions

- ☐ In a large bowl, mix honey, vinegar, and oil.
- ☐ Add endive, apple, pecans, and blue cheese and mix gently to coat.
- ☐ Add salt to taste.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:1.19, Inflammation Score:-2, Nutrition Score:3.4626087131708%

## Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

## Nutrients (% of daily need)

Calories: 111.72kcal (5.59%), Fat: 9.07g (13.96%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 4.09g (1.49%), Sugar: 3.42g (3.8%), Cholesterol: 7.09mg (2.36%), Sodium: 303.57mg (13.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Manganese: 0.28mg (13.97%), Fiber: 1.8g (7.21%), Phosphorus: 60.14mg (6.01%), Calcium: 59.37mg (5.94%), Copper: 0.09mg (4.38%), Vitamin B1: 0.06mg (3.68%), Zinc: 0.54mg (3.62%), Potassium: 118.49mg (3.39%), Vitamin B2: 0.06mg (3.29%), Vitamin E: 0.49mg (3.27%), Magnesium: 12.32mg (3.08%), Folate: 12.06µg (3.01%), Vitamin B5: 0.25mg (2.55%), Vitamin C: 1.98mg (2.39%), Vitamin K: 2.49µg (2.37%), Vitamin B6: 0.05mg (2.35%), Selenium: 1.62µg (2.31%), Vitamin A: 96.69IU (1.93%), Vitamin B12: 0.12µg (1.92%), Iron: 0.28mg (1.58%), Vitamin B3: 0.22mg (1.08%)