



Apple and Endive Salad with Peanut Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



44 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 belgian endive bulbs trimmed halved thinly sliced
- ☐ 2 medium carrots grated
- ☐ 1 tablespoon crunchy peanut butter (not natural or old-fashioned)
- ☐ 1 teaspoon dijon mustard
- ☐ 1 medium apples i use 2 granny smith apples cored halved thinly sliced
- ☐ 2 teaspoons juice of lemon
- ☐ 3 tablespoons olive oil
- ☐ 1 tablespoon red wine vinegar

☐ 15 servings salt and pepper

Equipment

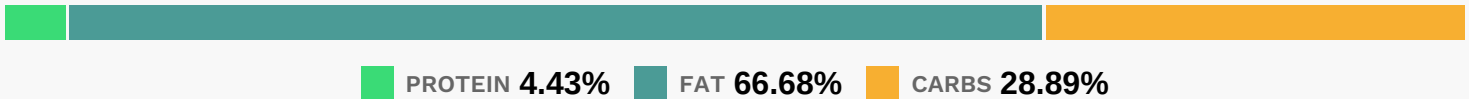
☐ bowl

☐ whisk

Directions

- ☐ In a large bowl, whisk vinegar, lemon juice, peanut butter and mustard until smooth. Slowly whisk in olive oil. Taste and season with salt and pepper.
- ☐ Add endive, apple and carrots. Toss well and serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.39, Glycemic Load:0.7, Inflammation Score:-7, Nutrition Score:2.5269564895526%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 43.62kcal (2.18%), Fat: 3.4g (5.23%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.26g (0.82%), Sugar: 1.76g (1.95%), Cholesterol: 0mg (0%), Sodium: 208.8mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin A: 1369.68IU (27.39%), Fiber: 1.06g (4.23%), Vitamin E: 0.55mg (3.65%), Vitamin K: 3.04µg (2.89%), Manganese: 0.05mg (2.58%), Potassium: 78.42mg (2.24%), Folate: 8.28µg (2.07%), Vitamin C: 1.7mg (2.06%), Vitamin B6: 0.03mg (1.36%), Vitamin B3: 0.26mg (1.31%), Magnesium: 4.95mg (1.24%), Vitamin B1: 0.02mg (1.21%), Phosphorus: 11.75mg (1.18%), Copper: 0.02mg (1.05%)