

health-score100%

HEALTH SCORE

Arugula Endive Salad with White Wine Vinaigrette

VegetarianGluten FreeDairy FreeVery Healthy

READY IN

ready

15 min.

SERVINGS

servings

4

CALORIES

calories

240 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 heads endive chopped
- ☐ 0.5 teaspoon honey
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 teaspoon mustard
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup walnuts toasted
- ☐ 2 tablespoons white wine

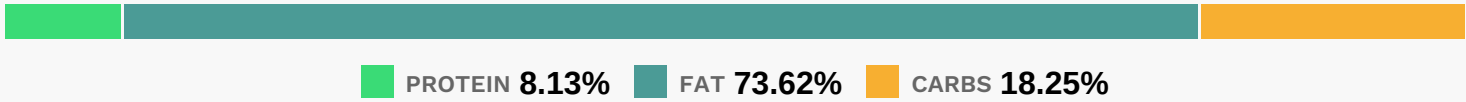
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Mix the wine, lemon juice, honey, mustard, salt, and pepper in a blender. With the machine running gradually blend in the oil. Season the vinaigrette to taste with more salt and pepper, if desired.
- ☐ In a large bowl combine the arugula, endive, and walnuts. Toss with 1/4 cup of the vinaigrette to coat and adding more vinaigrette, if desired.
- ☐ Serve immediately. Any remaining vinaigrette can be saved in an airtight container in the refrigerator for 3 days and should be brought up to room temperature before using.

Nutrition Facts



Properties

Glycemic Index:57.07, Glycemic Load:1, Inflammation Score:-10, Nutrition Score:27.08869579564%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 32.62mg, Kaempferol: 32.62mg, Kaempferol: 32.62mg, Kaempferol: 32.62mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 239.6kcal (11.98%), Fat: 20.54g (31.6%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 3.29g (1.2%), Sugar: 2.39g (2.65%), Cholesterol: 0mg (0%), Sodium: 355.69mg (15.46%), Alcohol: 0.77g (100%), Alcohol %: 0.33% (100%), Protein: 5.1g (10.2%), Vitamin K: 559.29µg (532.65%), Vitamin A: 5552.01IU (111.04%), Folate: 358.21µg (89.55%), Manganese: 1.4mg (69.93%), Fiber: 8.16g (32.66%), Vitamin C: 21.91mg (26.56%), Potassium: 870.41mg (24.87%), Vitamin B5: 2.22mg (22.22%), Vitamin E: 3.14mg (20.93%), Copper: 0.4mg (20.17%), Calcium: 174.35mg (17.44%), Magnesium: 64.22mg (16.05%), Vitamin B1: 0.23mg (15.28%), Iron: 2.7mg (14.97%), Zinc: 2.23mg (14.89%), Vitamin B2: 0.21mg (12.41%), Phosphorus: 114.33mg (11.43%), Vitamin B6: 0.13mg (6.31%), Vitamin B3: 1.12mg (5.58%), Selenium: 1.25µg (1.79%)