



Belgian Endive, Fuyu Persimmon, and Baby Spinach Salad with Honey Mustard Vinaigrette

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 pound baby arugula canned
- 0.5 pound baby spinach
- 1 tablespoon balsamic vinegar
- 2 heads belgian endive separated
- 1 teaspoon cornstarch
- 1 small head salad leaves curly endive separated trimmed
- 4 fuyu persimmon pulp peeled sliced

- 1 clove garlic finely chopped
- 1 tablespoon honey
- 0.5 teaspoon kosher salt
- 1 tablespoon mustard coarse-grain
- 3 tablespoons olive oil
- 4 ounce parmesan room temperature
- 1 tablespoon sesame oil
- 1 tablespoon soya sauce
- 0.5 cup vegetable stock

Equipment

- bowl
- sauce pan
- whisk
- peeler

Directions

- In small bowl, whisk together stock and cornstarch. In second small bowl, whisk together soy sauce, sesame oil, vinegar, honey, mustard, and salt.
- In medium saucepan over moderately high heat, heat olive oil until hot but not smoking.
- Add garlic and sauté until soft, about 30 seconds. Stir in stock-cornstarch mixture and bring to boil. Reduce heat to moderate and simmer until thickened, about 5 minutes. Stir in soy sauce mixture and return to boil.
- Remove from heat and refrigerate until cool.
- On each of 8 plates, arrange 4 Belgian endive leaves and 4 slices persimmon around rim. In large bowl, combine frisée and baby spinach.
- Add vinaigrette and toss to coat. Divide among plates, placing one mound in center of each. Using vegetable peeler, shave curls of Parmesan atop each salad and serve.

Nutrition Facts



■ PROTEIN 11.8% ■ FAT 36.94% ■ CARBS 51.26%

Properties

Glycemic Index:45.66, Glycemic Load:15.95, Inflammation Score:-10, Nutrition Score:22.889130425194%

Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 12.39mg, Kaempferol: 12.39mg, Kaempferol: 12.39mg, Kaempferol: 12.39mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 260.96kcal (13.05%), Fat: 11.46g (17.63%), Saturated Fat: 3.37g (21.07%), Carbohydrates: 35.79g (11.93%), Net Carbohydrates: 33.05g (12.02%), Sugar: 3.66g (4.07%), Cholesterol: 9.64mg (3.21%), Sodium: 622.11mg (27.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.48%), Vitamin K: 255.58µg (243.4%), Vitamin A: 5093.32IU (101.87%), Vitamin C: 74.95mg (90.85%), Folate: 120.07µg (30.02%), Calcium: 297.86mg (29.79%), Manganese: 0.51mg (25.66%), Iron: 3.83mg (21.29%), Potassium: 695.63mg (19.88%), Phosphorus: 171.61mg (17.16%), Vitamin E: 2.15mg (14.36%), Magnesium: 53.95mg (13.49%), Fiber: 2.73g (10.93%), Vitamin B2: 0.16mg (9.58%), Copper: 0.16mg (8.01%), Vitamin B6: 0.14mg (6.76%), Selenium: 4.41µg (6.29%), Vitamin B5: 0.57mg (5.71%), Zinc: 0.85mg (5.65%), Vitamin B1: 0.07mg (4.73%), Vitamin B3: 0.6mg (2.99%), Vitamin B12: 0.17µg (2.83%)