



## Belgian Endive Salad with Blue Cheese

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



109 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 heads belgian endive separated sliced very thinly quartered
- 0.5 cup cheese blue crumbled
- 1 tbsp chives snipped
- 1 teaspoon dijon mustard
- 3 tbsp olive oil
- 1 tablespoon red wine vinegar
- 0.3 tsp sea salt divided
- 2 tablespoons shallots diced finely ( 1 medium)

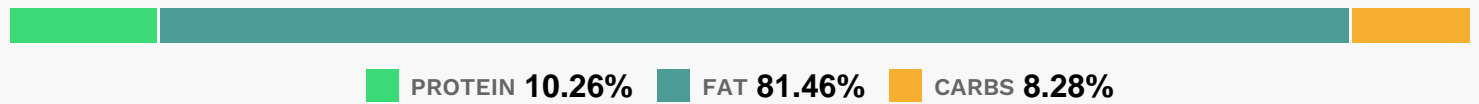
# Equipment

- bowl
- whisk

# Directions

- Combine shallot, salt, and vinegar in a bowl and let stand 10 minutes.
- Whisk in mustard and 3 tbsp. oil and taste. If the vinaigrette is too sharp, whisk in more oil.
- Toss endive gently with vinaigrette and chives. Arrange leaves in a large bowl or on a platter, sprinkling in blue cheese as you go so it's evenly distributed.
- \*Find at well-stocked grocery stores.
- Make ahead: Vinaigrette, up to 1 day.

# Nutrition Facts



# Properties

Glycemic Index:22.33, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.5434782699398%

# Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 109.36kcal (5.47%), Fat: 10.1g (15.54%), Saturated Fat: 2.73g (17.09%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 1.06g (0.39%), Sugar: 0.34g (0.38%), Cholesterol: 8.44mg (2.81%), Sodium: 236.76mg (10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Calcium: 68.54mg (6.85%), Phosphorus: 56.11mg (5.61%), Fiber: 1.25g (5%), Folate: 18.84µg (4.71%), Potassium: 118.21mg (3.38%), Vitamin B2: 0.05mg (3.19%), Selenium: 2.03µg (2.9%), Manganese: 0.05mg (2.64%), Vitamin B5: 0.26mg (2.6%), Zinc: 0.38mg (2.52%), Vitamin A: 118.57IU (2.37%), Vitamin B6: 0.05mg (2.31%), Vitamin B12: 0.14µg (2.29%), Vitamin K: 2.39µg (2.28%), Vitamin B1: 0.03mg (1.94%), Vitamin C: 1.56mg (1.89%), Magnesium: 7.53mg (1.88%), Copper: 0.03mg (1.36%), Iron: 0.19mg (1.07%)