



Belgian Endive Salad with Stilton and Apples

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



147 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 newtown pippin apples rinsed (1 lb. total)
- ☐ 1 pound belgian endive white (see notes)
- ☐ 1.5 tablespoons dijon mustard
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 pound belgian endive red (see notes)
- ☐ 6 tablespoons red wine vinegar
- ☐ 12 servings salt and pepper
- ☐ 6 oz shallots peeled

- ☐ 0.7 pound stilton cheese crumbled
- ☐ 0.5 teaspoon sugar

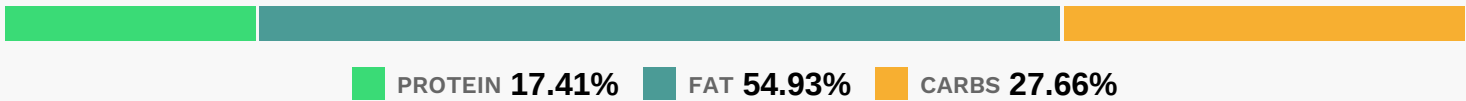
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ In an 8- or 9-inch-wide pan, mix shallots with about 1 teaspoon olive oil.
- ☐ Bake in a 350 oven, stirring occasionally, until shallots are slightly browned and barely tender when pierced, about 40 minutes (20 to 25 minutes in a convection oven). When cool enough to touch, finely chop.
- ☐ In a wide bowl, mix shallots, 1/2 cup olive oil, vinegar, mustard, and sugar. Peel apples, quarter, core, and cut lengthwise into 1/8-inch slivers.
- ☐ Add to bowl and mix with dressing.
- ☐ Cut white and red Belgian endive lengthwise into 1/8-inch-wide slices.
- ☐ Add endive and cheese to bowl.
- ☐ Mix gently, and season salad to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:15.92, Glycemic Load:1.97, Inflammation Score:-4, Nutrition Score:6.1904348109079%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate:

0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 146.91kcal (7.35%), Fat: 9.24g (14.21%), Saturated Fat: 4.99g (31.22%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 6.86g (2.49%), Sugar: 4.59g (5.1%), Cholesterol: 18.9mg (6.3%), Sodium: 508.36mg (22.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.18%), Calcium: 156.25mg (15.63%), Fiber: 3.61g (14.42%), Phosphorus: 131.64mg (13.16%), Folate: 42.9µg (10.73%), Potassium: 309.62mg (8.85%), Vitamin B2: 0.13mg (7.57%), Manganese: 0.14mg (7.08%), Vitamin B6: 0.14mg (6.81%), Selenium: 4.61µg (6.59%), Vitamin B5: 0.61mg (6.11%), Zinc: 0.87mg (5.83%), Vitamin C: 4.69mg (5.69%), Vitamin B12: 0.31µg (5.12%), Magnesium: 19.05mg (4.76%), Vitamin B1: 0.07mg (4.76%), Vitamin A: 232.47IU (4.65%), Copper: 0.07mg (3.58%), Iron: 0.54mg (3.01%), Vitamin E: 0.39mg (2.59%), Vitamin K: 2.5µg (2.38%), Vitamin B3: 0.44mg (2.22%)