



Chicken and Crunchy Slaw in Endive Leaves

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



253 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup full-fat greek yogurt
- ☐ 3 belgian endive spears separated
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 medium carrots
- ☐ 0.3 cup cranberries dried
- ☐ 0.5 small fennel bulb
- ☐ 3 tablespoons chives fresh chopped
- ☐ 2 tablespoons juice of lemon

- ☐ 1 lemon zest
- ☐ 2 tablespoons maple syrup
- ☐ 1 to yield cup of meat shredded store-bought chopped finely
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons cup heavy whipping cream sour

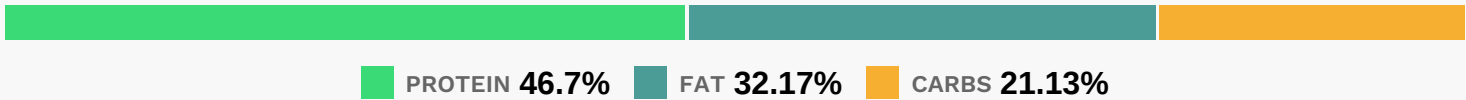
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ For the slaw: Using a food processor fitted with a shredding attachment, finely shred the cabbage, carrot and fennel. In a medium bowl, combine the carrot, fennel, cabbage, chives, cranberries and chicken.
- ☐ For the dressing: In a small bowl, whisk together the yogurt, sour cream, lemon zest, lemon juice, maple syrup, salt and pepper until smooth.
- ☐ Pour the dressing over the cabbage mixture and toss to combine.
- ☐ Spoon the filling into the endive leaves and serve.

Nutrition Facts



Properties

Glycemic Index:34.22, Glycemic Load:2.35, Inflammation Score:-8, Nutrition Score:6.1204348802567%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg
Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.13mg, Myricetin:
0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg,
Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 252.59kcal (12.63%), Fat: 9.18g (14.13%), Saturated Fat: 2.63g (16.43%), Carbohydrates: 13.56g (4.52%),
Net Carbohydrates: 11.41g (4.15%), Sugar: 9.8g (10.89%), Cholesterol: 99.19mg (33.06%), Sodium: 760.53mg
(33.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.99g (59.98%), Vitamin A: 1824.4IU (36.49%),
Vitamin K: 17.36µg (16.54%), Manganese: 0.26mg (13.24%), Vitamin B2: 0.16mg (9.55%), Vitamin C: 7.82mg (9.48%),
Fiber: 2.16g (8.63%), Potassium: 227.53mg (6.5%), Folate: 21.13µg (5.28%), Calcium: 51.84mg (5.18%), Phosphorus:
47.83mg (4.78%), Magnesium: 12.25mg (3.06%), Selenium: 2.06µg (2.94%), Vitamin B6: 0.05mg (2.74%), Vitamin
B1: 0.04mg (2.51%), Copper: 0.04mg (2.16%), Vitamin E: 0.32mg (2.11%), Vitamin B12: 0.13µg (2.08%), Vitamin B5:
0.21mg (2.07%), Zinc: 0.27mg (1.83%), Iron: 0.33mg (1.81%), Vitamin B3: 0.36mg (1.79%)