



Chicken, Endive, and Blueberry Salad with Toasted Pecans

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



216 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.5 tablespoons apple cider vinegar
- ☐ 4 cups belgian endive sliced (2 large heads)
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup blueberries fresh
- ☐ 2 ounces goat cheese crumbled
- ☐ 2.5 tablespoons honey
- ☐ 2 tablespoons pecans toasted chopped

- ☐ 1.5 cups roasted boneless skinless chopped
- ☐ 1 cup gourmet salad greens
- ☐ 0.8 teaspoon salt

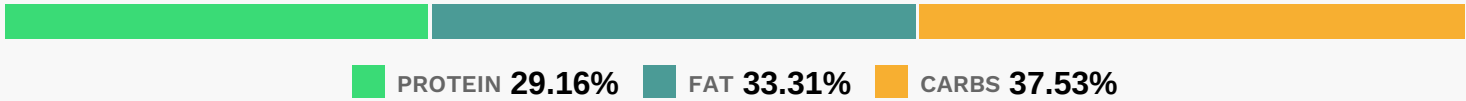
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first four ingredients in large bowl.
- ☐ Combine vinegar, honey, salt, and pepper; stir with whisk.
- ☐ Add dressing to endive mixture; toss gently.
- ☐ Sprinkle with cheese and pecans.

Nutrition Facts



Properties

Glycemic Index:43.57, Glycemic Load:7.5, Inflammation Score:-5, Nutrition Score:11.976956657741%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.47mg, Delphinidin: 13.47mg, Delphinidin: 13.47mg, Delphinidin: 13.47mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 216.27kcal (10.81%), Fat: 8.27g (12.72%), Saturated Fat: 2.73g (17.05%), Carbohydrates: 20.96g (6.99%),
Net Carbohydrates: 16.75g (6.09%), Sugar: 14.82g (16.47%), Cholesterol: 42.52mg (14.17%), Sodium: 559.23mg
(24.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.29g (32.57%), Vitamin B3: 6.36mg (31.79%),
Selenium: 18.97µg (27.09%), Vitamin B6: 0.54mg (26.79%), Manganese: 0.53mg (26.38%), Phosphorus: 201.47mg
(20.15%), Fiber: 4.22g (16.86%), Potassium: 483.32mg (13.81%), Copper: 0.26mg (12.92%), Vitamin B5: 1.14mg (11.4%),
Vitamin C: 9.22mg (11.18%), Folate: 44.55µg (11.14%), Vitamin B1: 0.15mg (10.1%), Vitamin B2: 0.17mg (9.78%),
Magnesium: 36.22mg (9.05%), Vitamin K: 7.89µg (7.51%), Vitamin A: 326.46IU (6.53%), Zinc: 0.94mg (6.28%), Iron:
1.08mg (5.98%), Calcium: 49.04mg (4.9%), Vitamin E: 0.41mg (2.76%), Vitamin B12: 0.14µg (2.32%)