



Chicory and Arugula Salad with Honey Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



3

CALORIES



168 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups baby arugula
- 1 cup belgian endive coarsely chopped
- 0.1 teaspoon pepper black as needed freshly ground plus more
- 2 tablespoons grapeseed oil
- 1 teaspoon honey
- 0.3 teaspoon kosher salt as needed plus more
- 2 cups radicchio thinly coarsely chopped

- 0.3 cup walnuts toasted coarsely chopped
- 1.5 teaspoons citrus champagne vinegar

Equipment

- bowl
- whisk

Directions

- Combine the greens in a serving bowl and set aside.
- Whisk together the vinegar, honey, and measured salt and pepper in a small, nonreactive bowl. While constantly whisking, add the oil by pouring it in a thin stream down the side of the bowl.
- Whisk until all the oil is incorporated. Taste and adjust the seasoning as desired.
- Pour the vinaigrette over the reserved greens and, using your hands, mix to coat the salad. Taste and adjust the seasoning as desired. Top with the walnuts and serve.

Nutrition Facts

PROTEIN 5.45% **FAT 80.78%** **CARBS 13.77%**

Properties

Glycemic Index:63.42, Glycemic Load:1.22, Inflammation Score:-5, Nutrition Score:9.1378259555153%

Flavonoids

Cyanidin: 34.13mg, Cyanidin: 34.13mg, Cyanidin: 34.13mg, Cyanidin: 34.13mg Delphinidin: 2.05mg, Delphinidin: 2.05mg, Delphinidin: 2.05mg, Delphinidin: 2.05mg Luteolin: 10.13mg, Luteolin: 10.13mg, Luteolin: 10.13mg, Luteolin: 10.13mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg

Nutrients (% of daily need)

Calories: 167.78kcal (8.39%), Fat: 15.86g (24.39%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 4.07g (1.48%), Sugar: 2.54g (2.82%), Cholesterol: 0mg (0%), Sodium: 203.46mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin K: 79.3µg (75.52%), Vitamin E: 3.4mg (22.69%), Manganese: 0.45mg (22.3%), Copper: 0.27mg (13.56%), Folate: 46.42µg (11.6%), Fiber: 2.01g (8.04%), Magnesium:

26.87mg (6.72%), Potassium: 227.07mg (6.49%), Phosphorus: 57.83mg (5.78%), Vitamin C: 4.62mg (5.61%),
Vitamin A: 255.61IU (5.11%), Vitamin B6: 0.09mg (4.41%), Vitamin B1: 0.06mg (4.04%), Iron: 0.68mg (3.8%), Zinc:
0.57mg (3.79%), Calcium: 37.1mg (3.71%), Vitamin B2: 0.04mg (2.34%), Vitamin B5: 0.22mg (2.17%), Vitamin B3:
0.26mg (1.3%), Selenium: 0.83µg (1.19%)