



Chicory & orange salad with ginger dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



135 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tsp ginger fresh finely grated
- ☐ 1 garlic clove crushed
- ☐ 1 tsp dijon mustard
- ☐ 0.5 tsp orange juice finely grated
- ☐ 3 tbsp juice of lemon
- ☐ 2 tsp clear honey
- ☐ 100 ml vegetable oil; peanut oil preferred
- ☐ 3 cranberry-orange relish

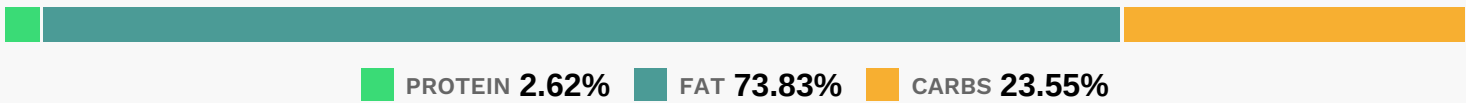
- ☐ 2 large heads endive
- ☐ 50 g lambs lettuce
- ☐ 85 g watercress

Equipment

Directions

- ☐ Up to 2 days ahead, shake all the dressing ingredients together in a jar. Season and chill.
- ☐ Up to a day ahead, peel and deseed the orange.
- ☐ Cut the segments from the membrane and chill.
- ☐ Up to an hour ahead, slice the chicory in half diagonally so you get loose leaves and a solid stalk end. The leaves will be easy to separate, thinly slice the stalks, add the orange, lambs lettuce and watercress. Chill until needed.
- ☐ To serve, when youre ready, toss in the dressing.

Nutrition Facts



Properties

Glycemic Index:37.6, Glycemic Load:2.81, Inflammation Score:-7, Nutrition Score:6.2769566074662%

Flavonoids

Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 14.25mg, Hesperetin: 14.25mg, Hesperetin: 14.25mg, Hesperetin: 14.25mg Naringenin: 7.61mg, Naringenin: 7.61mg, Naringenin: 7.61mg, Naringenin: 7.61mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 134.59kcal (6.73%), Fat: 11.55g (17.77%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 8.29g (2.76%), Net Carbohydrates: 6.98g (2.54%), Sugar: 6.25g (6.95%), Cholesterol: 0mg (0%), Sodium: 11.8mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Vitamin C: 35.66mg (43.22%), Vitamin K: 27.24µg (25.94%), Vitamin A: 899.93IU (18%), Vitamin E: 2mg (13.33%), Fiber: 1.31g (5.22%), Potassium: 165.55mg (4.73%), Folate: 18.33µg (4.58%), Vitamin B1: 0.06mg (4.05%), Manganese: 0.07mg (3.69%), Calcium: 36.55mg (3.65%), Vitamin B6: 0.07mg (3.47%), Vitamin B2: 0.04mg (2.39%), Magnesium: 9.02mg (2.26%), Copper: 0.04mg (2.17%), Phosphorus:

18.65mg (1.86%), Vitamin B5: 0.18mg (1.75%), Iron: 0.24mg (1.36%), Vitamin B3: 0.21mg (1.03%)