



Chicory salad with blue cheese dressing

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



233 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 heads endive white red (it's nice to have a mix of 2 and 2)
- ☐ 4 tbsp olive oil
- ☐ 200 g cheese blue (stilton or similar)
- ☐ 2 tbsp citrus champagne vinegar
- ☐ 75 ml double cream
- ☐ 0.5 juice of lemon
- ☐ 4 tbsp crème fraîche

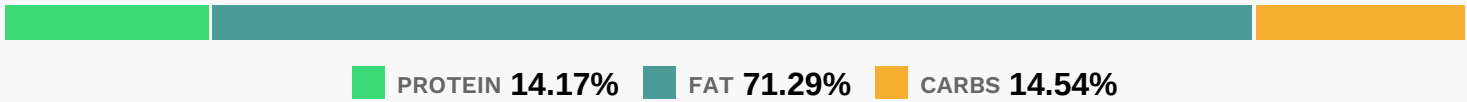
Equipment

☐ whisk

Directions

- ☐ Slice the base off each chicory and peel off the leaves until you reach the core, which you can either cut into quarters or leave whole. Arrange the leaves on a platter.
- ☐ Drizzle the chicory with a little olive oil and season with salt and pepper. Crumble half the blue cheese over the chicory, then mix the remaining cheese with the vinegar, squashing with a fork to make it creamy.
- ☐ Add the cream, lemon juice and crme frache, then whisk together. Adjust the seasoning, spoon over the salad and serve.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.41, Inflammation Score:-10, Nutrition Score:25.480434951575%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 22.73mg, Kaempferol: 22.73mg, Kaempferol: 22.73mg, Kaempferol: 22.73mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 233.45kcal (11.67%), Fat: 19.2g (29.54%), Saturated Fat: 8.52g (53.28%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 1.83g (0.66%), Sugar: 1.21g (1.35%), Cholesterol: 32.95mg (10.98%), Sodium: 341.86mg (14.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.17%), Vitamin K: 524.96µg (499.96%), Vitamin A: 5242.63IU (104.85%), Folate: 329.61µg (82.4%), Manganese: 0.95mg (47.5%), Fiber: 6.98g (27.92%), Calcium: 261.69mg (26.17%), Vitamin B5: 2.5mg (25.04%), Potassium: 790.41mg (22.58%), Vitamin C: 15.48mg (18.76%), Vitamin B2: 0.29mg (17.2%), Phosphorus: 170.23mg (17.02%), Zinc: 2.49mg (16.58%), Vitamin E: 2.17mg (14.49%), Vitamin B1: 0.19mg (12.72%), Copper: 0.24mg (11.78%), Iron: 2.02mg (11.2%), Magnesium: 41.02mg (10.26%), Selenium: 4.58µg (6.55%), Vitamin B3: 1.17mg (5.84%), Vitamin B12: 0.33µg (5.54%), Vitamin B6: 0.09mg (4.66%), Vitamin D: 0.28µg (1.84%)