



Chicory Salad with Blueberries, Hazelnuts, and Aged Manchego

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



313 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup blueberries fresh
- ☐ 1 head chicory green chopped curly endive
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 cup hazelnuts lightly toasted coarsely chopped
- ☐ 2 teaspoons honey
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 ounces aged manchego cheese spanish shaved

- ☐ 0.5 cup olive oil
- ☐ 0.3 cup raspberry vinegar

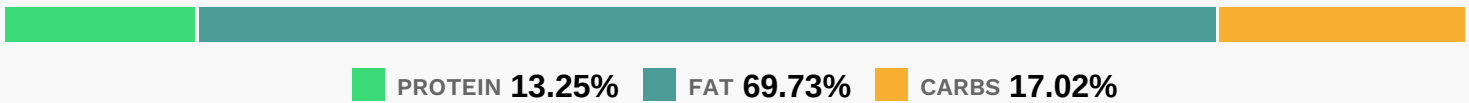
Equipment

- ☐ bowl

Directions

- ☐ In a jar with a tight fitting lid, combine the olive oil, vinegar, honey, and mustard. Season with salt and pepper. Shake vigorously to mix well.
- ☐ Put the chicory in a large salad bowl.
- ☐ Drizzle the dressing over the greens and toss gently with your hands to coat the leaves. Top with hazelnuts, blueberries, and cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:52.82, Glycemic Load:3.53, Inflammation Score:-10, Nutrition Score:20.399130416953%

Flavonoids

Cyanidin: 4.14mg, Cyanidin: 4.14mg, Cyanidin: 4.14mg, Cyanidin: 4.14mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg 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: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 313.19kcal (15.66%), Fat: 25.02g (38.5%), Saturated Fat: 8.56g (53.51%), Carbohydrates: 13.74g (4.58%), Net Carbohydrates: 9g (3.27%), Sugar: 7.7g (8.56%), Cholesterol: 30.33mg (10.11%), Sodium: 226.39mg (9.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.7g (21.4%), Vitamin K: 180.87µg (172.25%), Vitamin A: 3411.33IU (68.23%), Manganese: 1.36mg (67.81%), Calcium: 382.49mg (38.25%), Vitamin E: 4.53mg (30.17%), Copper: 0.45mg (22.57%), Vitamin C: 18.12mg (21.97%), Folate: 81.58µg (20.4%), Fiber: 4.74g (18.97%), Magnesium: 45.81mg (11.45%), Potassium: 385.65mg (11.02%), Vitamin B1: 0.15mg (9.92%), Vitamin B5: 0.85mg (8.5%), Vitamin B6: 0.17mg (8.29%), Iron: 1.44mg (8.01%), Phosphorus: 78.69mg (7.87%), Vitamin B2: 0.09mg (5.4%), Zinc: 0.69mg (4.63%), Vitamin B3: 0.73mg (3.63%), Selenium: 1.46µg (2.09%)