



HEALTH SCORE

54%

Citrus-Walnut Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2.3 lb belgian endive



8 servings cumin–dijon vinaigrette



2 grapefruits red peeled



0.5 cup firmly parsley leaves fresh packed



0.5 cup walnut pieces

Equipment



bowl



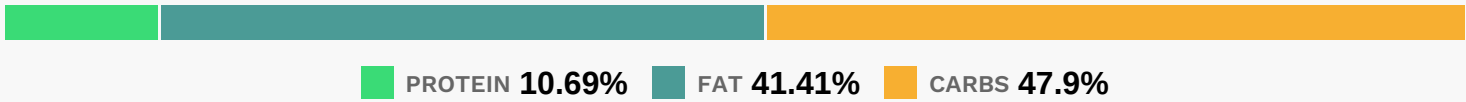
frying pan

☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Bake walnuts in a single layer in a shallow pan 6 to 8 minutes or until toasted and fragrant, stirring halfway through.
- ☐ Remove and discard outer leaves of endive. Rinse endive with cold water, and pat dry.
- ☐ Cut each endive head diagonally into 1/4-inch-thick slices, and place in a serving bowl.
- ☐ Add walnuts, parsley leaves, and desired amount of dressing; gently toss to coat. Top with grapefruit.
- ☐ Serve with any remaining dressing.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:1.61, Inflammation Score:-8, Nutrition Score:11.477826191031%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 101.49kcal (5.07%), Fat: 5.24g (8.06%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 7.94g (2.89%), Sugar: 4.65g (5.17%), Cholesterol: 0mg (0%), Sodium: 6.48mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Vitamin K: 61.75µg (58.81%), Vitamin C: 28.7mg (34.79%), Fiber: 5.7g (22.79%), Vitamin A: 1103.06IU (22.06%), Manganese: 0.43mg (21.53%), Folate: 68.49µg (17.12%), Potassium: 426.48mg (12.19%), Copper: 0.22mg (10.8%), Vitamin B1: 0.14mg (9.4%), Magnesium: 35.61mg (8.9%), Iron: 1.47mg (8.15%), Phosphorus: 77.16mg (7.72%), Vitamin B6: 0.13mg (6.72%), Calcium: 59.97mg (6%), Vitamin B2: 0.07mg (4.25%), Vitamin B5: 0.41mg (4.09%), Zinc: 0.56mg (3.75%), Vitamin B3: 0.51mg (2.56%), Vitamin E: 0.2mg (1.31%), Selenium: 0.73µg (1.05%)