



# Curly-Endive Salad with Potato-and-Apple Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



393 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 pound baking potatoes peeled ( 2)
- 2 tablespoons cooking oil
- 0.8 pound salad leaves curly endive ( )
- 0.5 cup bread crumbs dry
- 2 eggs beaten
- 0.3 cup parsley fresh chopped
- 0.5 pound green-leaf lettuce ( )

- 1.3 teaspoons fresh-ground pepper black
- 0.3 cup milk
- 1 small onion
- 1.8 teaspoons salt
- 2 tablespoons scallion tops fresh chopped
- 0.3 cup cup heavy whipping cream sour
- 3 tart apples such as granny smith, cored
- 0.3 teaspoon red-wine vinegar

## Equipment

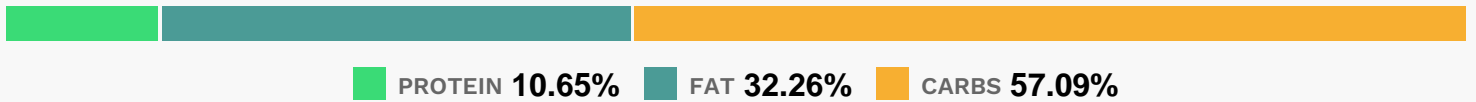
- food processor
- bowl
- frying pan
- baking sheet
- paper towels
- oven

## Directions

- In a small glass or stainless-steel bowl, combine the sour cream, milk, chives, vinegar, 1/2 teaspoon of the salt, and 1/4 teaspoon of the pepper.
- Mix well and set aside.
- In a food processor with a grating attachment, grate the potatoes, 1 1/2 of the apples, and the onion.
- Transfer to a large bowl and stir in the parsley, eggs, bread crumbs, and the remaining 1 1/4 teaspoons salt and 1 teaspoon pepper.
- In a large nonstick frying pan, heat 1 tablespoon of the oil over moderate heat. Form the potato mixture into twelve pancakes about 2 1/2 inches wide and 1/2-inch thick, using about 1/4 cup of the mixture for each. Cook the pancakes in batches, turning once, until crisp and golden, 3 to 4 minutes per side. Keep the cooked pancakes warm in a 200 oven on a baking sheet lined with paper towels until the last batch is done. Use 1 tablespoon of oil for each batch.

- Cut the remaining apples into thin slices.
- Put them in a large bowl along with the greens.
- Add all but 2 tablespoons of the dressing and toss. Arrange the salad on plates and top with the pancakes.
- Drizzle the remaining dressing over the pancakes.
- Wine Recommendation: Dry and fuller in body than those from Germany, rieslings from Alsace will stand up better to the flavors in this dish.

## Nutrition Facts



### Properties

Glycemic Index:72.69, Glycemic Load:21.85, Inflammation Score:-10, Nutrition Score:31.286087077597%

### Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Apigenin: 8.81mg, Apigenin: 8.81mg, Apigenin: 8.81mg, Apigenin: 8.81mg Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 16.99mg, Quercetin: 16.99mg, Quercetin: 16.99mg, Quercetin: 16.99mg

### Nutrients (% of daily need)

Calories: 392.82kcal (19.64%), Fat: 14.76g (22.7%), Saturated Fat: 3.75g (23.44%), Carbohydrates: 58.77g (19.59%), Net Carbohydrates: 48.65g (17.69%), Sugar: 19.05g (21.16%), Cholesterol: 94.98mg (31.66%), Sodium: 1223.37mg (53.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.96g (21.92%), Vitamin K: 401.66µg (382.53%), Vitamin A: 9783.51IU (195.67%), Vitamin C: 45.7mg (55.39%), Manganese: 0.98mg (49.1%), Folate: 171.71µg (42.93%), Fiber: 10.11g (40.45%), Potassium: 1249.18mg (35.69%), Vitamin B6: 0.69mg (34.33%), Vitamin E: 3.89mg (25.95%), Copper: 0.5mg (24.94%), Vitamin B2: 0.42mg (24.87%), Vitamin B1: 0.37mg (24.78%), Phosphorus: 238.74mg (23.87%), Calcium: 217.53mg (21.75%), Iron: 3.81mg (21.15%), Magnesium: 83.35mg (20.84%), Vitamin B5: 2.07mg (20.69%), Selenium: 12.34µg (17.63%), Vitamin B3: 2.97mg (14.84%), Zinc: 1.54mg (10.24%), Vitamin B12: 0.37µg (6.09%), Vitamin D: 0.61µg (4.05%)