



Dinner Tonight: Escarole Salad with Squash and Cheddar

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



349 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 teaspoon brown sugar
- ☐ 1 butternut squash peeled seeded cut into 1 1/2-inch pieces
- ☐ 2 slices bacon crumbled cooked
- ☐ 2 teaspoons dijon mustard
- ☐ 1 head endive
- ☐ 1 apples i use 2 granny smith apples cored sliced quartered

- ☐ 0.8 teaspoon kosher salt
- ☐ 4 tablespoon olive oil extra virgin extra-virgin
- ☐ 2.5 ounces sharp cheddar cheese shaved
- ☐ 2 tablespoons citrus champagne vinegar

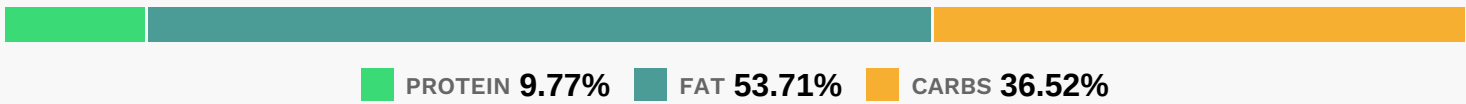
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 425°F.
- ☐ Place the squash on a large baking sheet and toss with 1 tablespoon of the oil, 1/2 teaspoon of the salt, and a sprinkling of black pepper.
- ☐ Transfer to the oven and cook until the squash is tender, about 20 to 25 minutes. When done, remove the squash and set aside to cool.
- ☐ Meanwhile, whisk together the vinegar, mustard, sugar, 1/4 teaspoon salt, and a pinch of black pepper. Continue whisking, and drizzle in the rest of the oil. Taste, and season with more salt and pepper if needed.
- ☐ Mix together the apple, bacon, escarole, half of the cheese, and the cooled squash in a large bowl.
- ☐ Pour the dressing on, and toss until combined.
- ☐ Sprinkle on the remaining cheese and serve.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:1.92, Inflammation Score:-10, Nutrition Score:29.421304021193%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 11.43mg, Kaempferol: 11.43mg, Kaempferol: 11.43mg, Kaempferol: 11.43mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 348.93kcal (17.45%), Fat: 22.01g (33.86%), Saturated Fat: 5.93g (37.05%), Carbohydrates: 33.66g (11.22%), Net Carbohydrates: 25.2g (9.16%), Sugar: 10.2g (11.34%), Cholesterol: 21.68mg (7.23%), Sodium: 680.49mg (29.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9g (18.01%), Vitamin A: 22575.04IU (451.5%), Vitamin K: 271.99µg (259.04%), Vitamin C: 48.83mg (59.19%), Folate: 215.66µg (53.92%), Manganese: 0.9mg (44.91%), Vitamin E: 5.45mg (36.35%), Fiber: 8.46g (33.85%), Potassium: 1105.1mg (31.57%), Calcium: 280.65mg (28.06%), Magnesium: 90.7mg (22.67%), Vitamin B1: 0.32mg (21.17%), Phosphorus: 198.55mg (19.85%), Vitamin B5: 1.92mg (19.18%), Vitamin B6: 0.37mg (18.3%), Vitamin B3: 3.19mg (15.93%), Iron: 2.54mg (14.11%), Copper: 0.27mg (13.67%), Zinc: 1.98mg (13.21%), Vitamin B2: 0.22mg (13.11%), Selenium: 9.07µg (12.96%), Vitamin B12: 0.23µg (3.86%)