



Endive and Apple Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



103 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 3 heads belgian endive halved lengthwise
- ☐ 0.5 medium braeburn apple cored thinly sliced cut into 6 wedges, crosswise
- ☐ 0.8 cup canola oil
- ☐ 1 teaspoon dijon mustard
- ☐ 1 cup torn escarole leaves
- ☐ 1 teaspoon shallots minced
- ☐ 1 teaspoon sugar

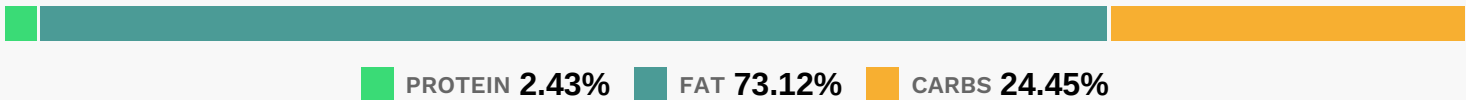
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk first 4 ingredients in small bowl.Gradually whisk in oil. Season to taste withsalt and pepper. Set vinaigrette aside.
- ☐ MixBelgian endive, escarole, and apple in largebowl. Toss salad with 1/4 cup vinaigrette.

Nutrition Facts



Properties

Glycemic Index:62.27, Glycemic Load:1.62, Inflammation Score:-4, Nutrition Score:4.4708696033644%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 103.08kcal (5.15%), Fat: 8.55g (13.15%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 4.2g (1.53%), Sugar: 3.51g (3.9%), Cholesterol: 0mg (0%), Sodium: 18.34mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin K: 35.39µg (33.7%), Vitamin E: 1.57mg (10.47%), Fiber: 2.24g (8.94%), Folate: 33.4µg (8.35%), Manganese: 0.14mg (7.21%), Vitamin A: 295.6IU (5.91%), Potassium: 161.93mg (4.63%), Vitamin C: 3.02mg (3.66%), Vitamin B1: 0.04mg (2.75%), Magnesium: 8.44mg (2.11%), Copper: 0.04mg (2.07%), Phosphorus: 19.18mg (1.92%), Vitamin B5: 0.19mg (1.89%), Calcium: 17.45mg (1.74%), Vitamin B2: 0.03mg (1.6%), Iron: 0.28mg (1.57%), Vitamin B6: 0.03mg (1.56%), Zinc: 0.19mg (1.25%)