



Endive and Arugula Salad with Pickled Onions and Blue Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



137 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 cups arugula fresh
- ☐ 8 cups belgian endive thinly sliced
- ☐ 12 ounces cheese blue crumbled
- ☐ 1 cup cranberries dried
- ☐ 0.8 cup juice of lemon fresh
- ☐ 1.5 cups olive oil
- ☐ 1.5 pounds onion red thinly sliced

- ☐ 1 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1.5 cups water
- ☐ 1.5 cups vinegar white

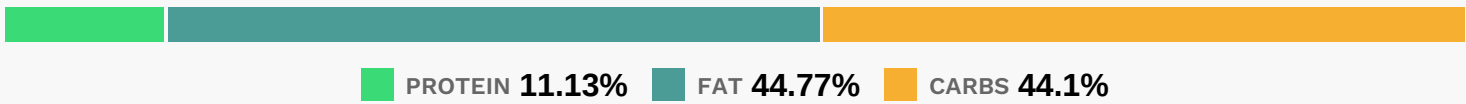
Equipment

- ☐ bowl
- ☐ ziploc bags

Directions

- ☐ Place onions in large resealable plastic bag.
- ☐ Add vinegar, 1 1/2 cups water, sugar and salt. Seal bag; shake until sugar dissolves. Chill onions in marinade at least 1 day and up to 3 days, turning often.
- ☐ Place cheese in medium bowl.
- ☐ Pour oil over cheese; let stand at room temperature 2 hours. (Can be prepared 2 days ahead. Cover and refrigerate. Bring to room temperature before continuing.)
- ☐ Place endive in very large bowl.
- ☐ Add lemon juice; toss.
- ☐ Add arugula, cheese-oil mixture and dried cranberries; toss. Season with salt and pepper.
- ☐ Transfer to platter; top with some drained pickled onions. Pass remaining onions in marinade.

Nutrition Facts



Properties

Glycemic Index:8.59, Glycemic Load:5.11, Inflammation Score:-5, Nutrition Score:4.9547825883264%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg,

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg

Nutrients (% of daily need)

Calories: 137.01kcal (6.85%), Fat: 6.99g (10.75%), Saturated Fat: 3.06g (19.12%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 13.62g (4.95%), Sugar: 11.58g (12.87%), Cholesterol: 10.63mg (3.54%), Sodium: 265.84mg (11.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.82%), Vitamin K: 13.36µg (12.73%), Calcium: 105.52mg (10.55%), Vitamin C: 7.4mg (8.97%), Folate: 32.81µg (8.2%), Phosphorus: 77.73mg (7.77%), Fiber: 1.86g (7.45%), Vitamin A: 355.18IU (7.1%), Manganese: 0.12mg (6.18%), Potassium: 188.7mg (5.39%), Vitamin B2: 0.08mg (4.84%), Vitamin B6: 0.08mg (4.14%), Vitamin E: 0.59mg (3.94%), Vitamin B5: 0.39mg (3.88%), Magnesium: 14.76mg (3.69%), Zinc: 0.53mg (3.55%), Selenium: 2.44µg (3.49%), Vitamin B12: 0.17µg (2.88%), Vitamin B1: 0.04mg (2.84%), Copper: 0.05mg (2.39%), Iron: 0.37mg (2.06%), Vitamin B3: 0.29mg (1.45%)