



WHATShEATE



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

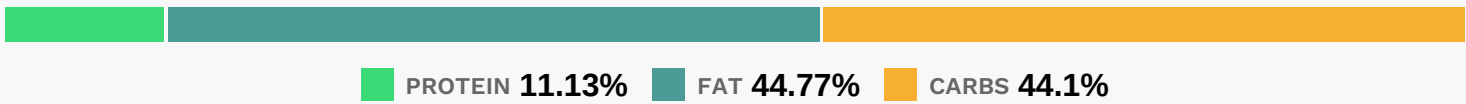
Equipment

- ☐ 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%)