



Endive and Asiago Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups arugula loosely packed ()
- ☐ 3.5 ounces asiago cheese grated
- ☐ 6 heads belgian endive cut into 1-inch pieces
- ☐ 3 green onions chopped
- ☐ 4.5 tablespoons juice of lemon fresh
- ☐ 6 tablespoons olive oil

Equipment

- ☐ bowl

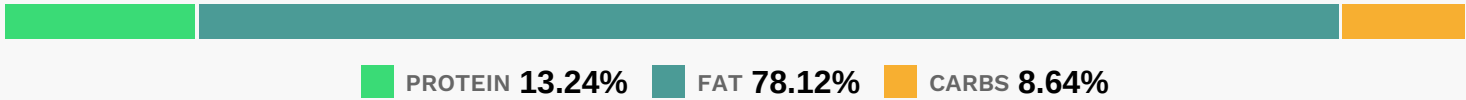
☐

whisk

Directions

- ☐ Whisk oil and lemon juice in small bowl. Season dressing with salt and pepper.
- ☐ Place endive, arugula, green onions, and cheese in large bowl.
- ☐ Pour dressing over; toss. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:6.3734781755053%

Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 155.24kcal (7.76%), Fat: 13.87g (21.34%), Saturated Fat: 3.51g (21.95%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 1.83g (0.67%), Sugar: 0.72g (0.8%), Cholesterol: 8.43mg (2.81%), Sodium: 204.55mg (8.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Vitamin K: 32.2µg (30.66%), Calcium: 182.25mg (18.23%), Vitamin E: 1.64mg (10.94%), Phosphorus: 106.55mg (10.66%), Vitamin A: 509.72IU (10.19%), Vitamin C: 7.47mg (9.06%), Folate: 34.69µg (8.67%), Fiber: 1.61g (6.46%), Manganese: 0.1mg (4.93%), Potassium: 171.85mg (4.91%), Magnesium: 17.89mg (4.47%), Selenium: 2.95µg (4.22%), Vitamin B2: 0.07mg (4.1%), Zinc: 0.5mg (3.31%), Iron: 0.55mg (3.05%), Vitamin B1: 0.04mg (2.71%), Vitamin B12: 0.15µg (2.48%), Vitamin B6: 0.05mg (2.28%), Copper: 0.04mg (2.04%), Vitamin B5: 0.19mg (1.94%)