

food
network

 **100%**
HEALTH SCORE

Endive and Avocado Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



6

CALORIES



284 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoon dijon mustard
- ☐ 3 heads endive
- ☐ 3 haas avocados ripe peeled seeded
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon freshly squeezed 2 lemons
- ☐ 0.3 cup olive oil good

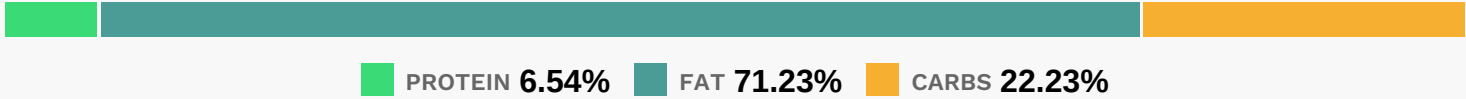
Equipment

☐ whisk

Directions

- ☐ Whisk together the mustard, lemon juice, olive oil, salt, and pepper to make a vinaigrette.
- ☐ Remove a 1/2-inch from the stem end of each endive, discard the core, and cut the rest across into 1-inch chunks.
- ☐ Cut the avocados into large dice or wedges. Toss the avocados and endive with the vinaigrette. Season, to taste, and serve at room temperature.
- ☐ Note: Haas avocados are the brown ones from California. The green ones don't have nearly as much flavor.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:1.02, Inflammation Score:-10, Nutrition Score:30.677391394325%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 22.73mg, Kaempferol: 22.73mg, Kaempferol: 22.73mg, Kaempferol: 22.73mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 283.55kcal (14.18%), Fat: 24.38g (37.51%), Saturated Fat: 3.51g (21.92%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 3.17g (1.15%), Sugar: 1.54g (1.71%), Cholesterol: 0mg (0%), Sodium: 388.79mg (16.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.07%), Vitamin K: 546.6µg (520.57%), Folate: 403.23µg (100.81%), Vitamin A: 5026.66IU (100.53%), Manganese: 1.13mg (56.33%), Fiber: 13.94g (55.77%), Vitamin C: 28.62mg (34.7%), Potassium: 1212.39mg (34.64%), Vitamin B5: 3.45mg (34.48%), Vitamin E: 4.4mg (29.31%), Copper: 0.42mg (21.03%), Vitamin B2: 0.3mg (17.86%), Vitamin B1: 0.26mg (17.14%), Magnesium: 65.6mg (16.4%), Zinc: 2.45mg (16.35%), Vitamin B6: 0.31mg (15.55%), Iron: 2.56mg (14.21%), Vitamin B3: 2.68mg (13.4%), Calcium: 133.04mg (13.3%), Phosphorus: 120.39mg (12.04%), Selenium: 2.15µg (3.07%)