



HEALTH SCORE

61%

Endive and Chicory Salad with Grainy Mustard Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



8

CALORIES



81 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 oz belgian endives sliced
- ☐ 0.3 teaspoon pepper black
- ☐ 9 cups chicory french (curly endive; 1 head)
- ☐ 0.5 garlic clove
- ☐ 1 tablespoon mustard coarse-grain
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon red-wine vinegar

☐ 0.5 teaspoon salt

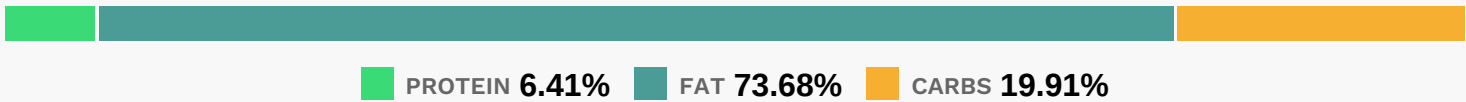
Equipment

- ☐ paper towels
- ☐ knife
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Mince garlic with a large heavy knife, then mash to a paste with salt using flat side of knife.
- ☐ Whisk together garlic paste, mustard, vinegar, and pepper, then add oil in a slow stream, whisking until emulsified.
- ☐ Just before serving, toss greens with vinaigrette.
- ☐ · Vinaigrette can be made 1 day ahead and chilled, covered.
- ☐ Whisk just before using:· Chicory can be washed and dried (but not cut or torn) 1 day ahead and chilled in sealed plastic bags lined with paper towels.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.03, Inflammation Score:-9, Nutrition Score:13.329565182976%

Flavonoids

Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 80.57kcal (4.03%), Fat: 7.02g (10.8%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.42g (0.47%), Cholesterol: 0mg (0%), Sodium: 192.32mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.75%), Vitamin K: 171.6µg (163.43%), Vitamin A: 3227.78IU (64.56%), Folate: 75.13µg (18.78%), Vitamin C: 14.57mg (17.66%), Vitamin E: 2.25mg (15%), Manganese: 0.3mg (14.85%), Fiber: 3.45g (13.8%), Copper: 0.19mg (9.35%), Potassium: 316.25mg (9.04%), Vitamin B5: 0.71mg (7.11%), Calcium:

65.05mg (6.51%), Magnesium: 21.55mg (5.39%), Vitamin B1: 0.06mg (3.98%), Vitamin B2: 0.07mg (3.96%), Vitamin B6: 0.08mg (3.89%), Phosphorus: 38.21mg (3.82%), Iron: 0.68mg (3.77%), Zinc: 0.31mg (2.06%), Vitamin B3: 0.35mg (1.75%), Selenium: 0.91µg (1.3%)