



HEALTH SCORE

61%

Endive and Escarole Salad with Mustard-Orange Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



82 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



4 belgian endive separated halved



2 teaspoons dijon mustard



12 cups endive



2 navel oranges



3 tablespoons olive oil extra virgin extra-virgin



2 teaspoons red-wine vinegar

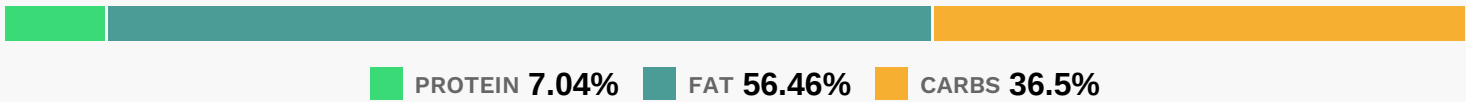
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ knife
- ☐ whisk

Directions

- ☐ Grate 1 teaspoon zest from 1 orange and reserve.
- ☐ Cut peel, including white pith, from oranges with a sharp knife.
- ☐ Cut segments free from membranes into a bowl. Squeeze 1 tablespoon juice from membranes into a large bowl and whisk together with reserved zest, vinegar, oil, mustard, 1/4 teaspoon salt, and 1/8 teaspoon pepper until emulsified.
- ☐ Add escarole, endive, and orange segments to vinaigrette and gently toss.
- ☐ •Escarole can be washed and dried 1 day ahead and chilled, layered between paper towels in a sealable bag. •Orange segments can be cut and vinaigrette can be made 1 day ahead and chilled separately.
- ☐ Whisk vinaigrette before using.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.09, Inflammation Score:-8, Nutrition Score:13.216956527337%

Flavonoids

Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 7.58mg, Kaempferol: 7.58mg, Kaempferol: 7.58mg, Kaempferol: 7.58mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 81.82kcal (4.09%), Fat: 5.52g (8.49%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 4.06g (1.48%), Sugar: 3.18g (3.53%), Cholesterol: 0mg (0%), Sodium: 31.33mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Vitamin K: 176.43µg (168.03%), Vitamin A: 1720.27IU (34.41%), Folate: 128.29µg (32.07%), Vitamin C: 26.31mg (31.89%), Manganese: 0.36mg (17.87%), Fiber: 3.97g (15.88%),

Potassium: 351.93mg (10.06%), Vitamin B5: 0.81mg (8.09%), Vitamin E: 1.14mg (7.62%), Vitamin B1: 0.1mg (6.84%), Calcium: 60mg (6%), Copper: 0.1mg (5.12%), Vitamin B2: 0.08mg (4.83%), Magnesium: 18.4mg (4.6%), Zinc: 0.67mg (4.48%), Iron: 0.79mg (4.37%), Phosphorus: 37.39mg (3.74%), Vitamin B6: 0.05mg (2.73%), Vitamin B3: 0.5mg (2.49%)