



Endive and Snap Peas with Parmesan Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



135 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup herb leaves fresh chopped
- ☐ 4 belgian endive red yellow separated
- ☐ 2 tablespoons champagne vinegar
- ☐ 0.8 teaspoon dijon mustard
- ☐ 3 tablespoons grapeseed oil neutral
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 0.3 teaspoon kosher salt

- ☐ 1 tablespoon juice of lime fresh
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 0.3 cup parmigiano-reggiano cheese freshly grated
- ☐ 8 ounces sugar snap peas trimmed

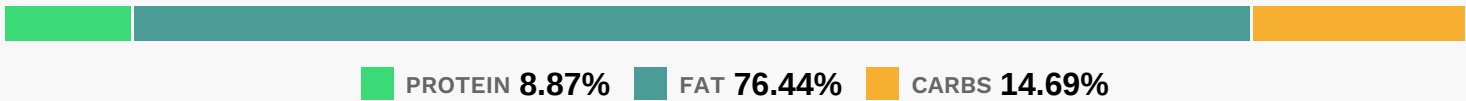
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ In a blender, combine cheese, vinegar, lime juice, mustard, salt and pepper; puree until smooth. With the machine running, add oils through the feed tube in a slow, steady stream to emulsify.
- ☐ Bring a pot of water to a boil. Fill a large bowl with ice and water. Generously salt the boiling water; add snap peas. Cook just until bright green, about 30seconds.
- ☐ Drain, transfer to ice water and let stand for 1 minute; drain again. Slice very thinly at an angle. Toss snap peas and endive with dressing in a bowl. Top with herbs.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:0.11, Inflammation Score:-7, Nutrition Score:10.809130184676%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 135.21kcal (6.76%), Fat: 11.76g (18.08%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 2.76g (1%), Sugar: 1.64g (1.82%), Cholesterol: 2.83mg (0.94%), Sodium: 176.09mg (7.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Vitamin K: 93.92µg (89.45%), Vitamin C: 31.1mg (37.69%), Vitamin E: 2.72mg (18.16%), Vitamin A: 877.47IU (17.55%), Fiber: 2.32g (9.29%), Folate: 37.16µg (9.29%), Manganese: 0.16mg (8.16%), Calcium: 81.08mg (8.11%), Iron: 1.29mg (7.15%), Phosphorus: 62.73mg (6.27%), Vitamin B1: 0.09mg (5.77%), Potassium: 189.77mg (5.42%), Magnesium: 17.93mg (4.48%), Vitamin B6: 0.09mg (4.27%), Vitamin B5: 0.38mg (3.81%), Vitamin B2: 0.06mg (3.51%), Copper: 0.06mg (3.03%), Zinc: 0.34mg (2.24%), Selenium: 1.5µg (2.14%), Vitamin B3: 0.37mg (1.85%)