



Endive and Watercress Salad with Bacon-Cider Dressing



Gluten Free



Dairy Free

READY IN



24 min.

SERVINGS



6

CALORIES



198 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups belgian endive ()
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2.5 tablespoons apple cider vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons maple syrup

- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 3 cups radicchio thinly chopped
- ☐ 4 slices bacon
- ☐ 1 cup watercress trimmed

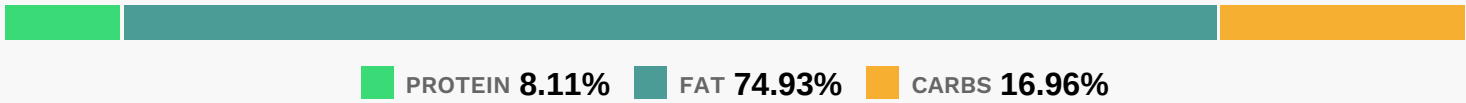
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a medium nonstick skillet over medium heat.
- ☐ Add bacon to pan; cook until crisp.
- ☐ Remove bacon from pan, reserving 2 teaspoons drippings in pan; coarsely chop bacon.
- ☐ Combine 2 teaspoons drippings, oil, and next 6 ingredients (through garlic) in a large bowl, stirring with a whisk.
- ☐ Add remaining ingredients; toss well.
- ☐ Sprinkle with chopped bacon.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:1.74, Inflammation Score:-4, Nutrition Score:8.4686957494072%

Flavonoids

Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 7.61mg, Luteolin: 7.61mg, Luteolin: 7.61mg, Luteolin: 7.61mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 198.16kcal (9.91%), Fat: 16.67g (25.65%), Saturated Fat: 4.19g (26.18%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 6.35g (2.31%), Sugar: 4.17g (4.63%), Cholesterol: 15.84mg (5.28%), Sodium: 274.02mg (11.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin K: 69.54µg (66.23%), Manganese: 0.3mg (14.78%), Vitamin E: 1.62mg (10.83%), Folate: 34.8µg (8.7%), Fiber: 2.14g (8.54%), Vitamin B1: 0.12mg (7.92%), Potassium: 277.23mg (7.92%), Selenium: 5.54µg (7.91%), Vitamin B2: 0.13mg (7.88%), Vitamin C: 5.88mg (7.12%), Phosphorus: 63.86mg (6.39%), Copper: 0.12mg (5.85%), Vitamin B6: 0.11mg (5.74%), Vitamin B3: 1.14mg (5.69%), Vitamin A: 213.6IU (4.27%), Zinc: 0.57mg (3.81%), Magnesium: 15.05mg (3.76%), Calcium: 32.83mg (3.28%), Vitamin B5: 0.3mg (2.98%), Iron: 0.46mg (2.54%), Vitamin B12: 0.12µg (2%)