



Endive Appetizer With Blue Cheese, Dried Cranberries and Walnuts

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 large apples cored sliced
- 2 tablespoons balsamic vinaigrette light
- 1 belgian endive
- 0.8 cup cheese blue crumbled
- 1 cup cranberries dried
- 0.5 cup walnut pieces toasted

Equipment

- bowl
- frying pan

Directions

- Toast walnuts in a dry skillet over medium heat for two minutes until fragrant. Set aside and cool. Arrange apple slices on one platter, and endive leaves on other platter. In a medium bowl combine cooled walnuts, dried cranberries and blue cheese. Top endive leaves with 1 tablespoon cheese mix and a drop or two of balsamic dressing. Put remaining cheese, nuts and blue cheese in a bowl to serve with apple slices.

Nutrition Facts

PROTEIN 8.32% **FAT 46.4%** **CARBS 45.28%**

Properties

Glycemic Index: 9.88, Glycemic Load: 2.22, Inflammation Score: -2, Nutrition Score: 4.6021739130435%

Flavonoids

Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Taste

Sweetness: 100%, Saltiness: 35.78%, Sourness: 50.33%, Bitterness: 39.29%, Savoriness: 20.78%, Fattiness: 38.34%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 183.03kcal (9.15%), Fat: 10.04g (15.45%), Saturated Fat: 2.97g (18.56%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 19.22g (6.99%), Sugar: 17.18g (19.09%), Cholesterol: 9.49mg (3.16%), Sodium: 180.89mg (7.86%), Protein: 4.05g (8.1%), Manganese: 0.32mg (15.85%), Fiber: 2.84g (11.35%), Phosphorus: 83.35mg (8.33%), Calcium: 80.33mg (8.03%), Copper: 0.15mg (7.47%), Vitamin B2: 0.08mg (4.7%), Magnesium: 18.52mg (4.63%),

Vitamin B6: 0.09mg (4.58%), Potassium: 145.7mg (4.16%), Zinc: 0.61mg (4.07%), Folate: 15.85µg (3.96%), Vitamin C: 2.88mg (3.49%), Vitamin B5: 0.34mg (3.37%), Vitamin E: 0.5mg (3.34%), Selenium: 2.3µg (3.28%), Vitamin B1: 0.04mg (2.94%), Vitamin K: 2.88µg (2.74%), Vitamin A: 130.06IU (2.6%), Vitamin B12: 0.15µg (2.57%), Iron: 0.39mg (2.19%), Vitamin B3: 0.36mg (1.78%)