



Endive-Apple Slaw with Smoked Trout



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 4 heads belgian endive rinsed (1 lb. total)
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons flat parsley italian chopped
- ☐ 6 ounces trout smoked
- ☐ 2 apple green such as granny smith (1 lb. total)
- ☐ 2 tablespoons vegetable oil

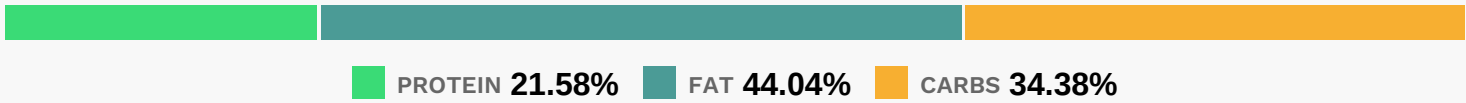
Equipment

☐ bowl

Directions

- ☐ Pour 2 tablespoons of the lemon juice into a large bowl. Trim off and discard cores and any discolored leaves from endive heads.
- ☐ Cut each head in half lengthwise, then cut halves lengthwise into 1/4-inch-wide strips. As you cut the endive, drop the strips into bowl and mix with lemon juice to prevent them from discoloring.
- ☐ Peel and core apples; cut into 2- to 3-inch-long, 1/4-inch-thick matchsticks, dropping into bowl and mixing with lemon juice and endive. Stir in parsley.
- ☐ In a small bowl, mix the remaining 2 tablespoons lemon juice with the oil; add salt and pepper to taste.
- ☐ Pour over endive mixture and mix to coat.
- ☐ Mound salad equally on plates. Pull any skin off smoked trout and discard; break trout into large flakes. Top salads equally with trout.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:3.34, Inflammation Score:-5, Nutrition Score:10.484782664672%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 177.07kcal (8.85%), Fat: 9.03g (13.89%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 15.86g (5.29%), Net Carbohydrates: 11.92g (4.33%), Sugar: 9.87g (10.96%), Cholesterol: 45.08mg (15.03%), Sodium: 228.5mg (9.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.9%), Vitamin K: 47.31µg (45.05%), Selenium: 20.03µg (28.61%), Vitamin B12: 1.47µg (24.52%), Vitamin C: 14.23mg (17.25%), Phosphorus: 162.67mg (16.27%), Fiber: 3.94g (15.76%), Vitamin B6: 0.26mg (13.24%), Potassium: 421.86mg (12.05%), Folate: 30.98µg (7.75%), Vitamin B2: 0.13mg (7.66%), Vitamin B3: 1.45mg (7.25%), Magnesium: 28.78mg (7.19%), Vitamin A: 282.81IU (5.66%), Vitamin B1: 0.08mg (5.54%), Vitamin B5: 0.53mg (5.28%), Vitamin E: 0.76mg (5.05%), Manganese: 0.1mg (4.92%), Copper: 0.07mg (3.67%), Iron: 0.52mg (2.91%), Calcium: 28.68mg (2.87%), Zinc: 0.4mg (2.65%)