



Endive, Mâche, and Radish Salad with Champagne Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1.5 pound belgian endive (6 heads)



0.3 teaspoon pepper black



2 tablespoons champagne vinegar



0.3 teaspoon dijon mustard



1 tablespoon chives fresh finely chopped



8 cups lambs lettuce trimmed (lamb's lettuce)



0.3 cup olive oil extra virgin extra-virgin

- ☐ 0.5 lb radishes halved lengthwise thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon shallots finely chopped

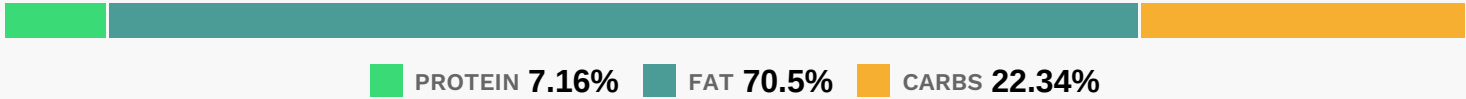
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together vinegar, shallot, mustard, salt, and pepper in a small bowl.
- ☐ Add oil in a slow stream, whisking constantly until dressing is emulsified, then whisk in chives.
- ☐ Toss together endive, mâche, and radishes in a large bowl, then drizzle with dressing and toss gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:0.23, Inflammation Score:-10, Nutrition Score:10.750869740611%

Flavonoids

Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 112.29kcal (5.61%), Fat: 9.35g (14.38%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 3.5g (1.27%), Sugar: 0.64g (0.71%), Cholesterol: 0mg (0%), Sodium: 162.71mg (7.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.27%), Vitamin A: 4015IU (80.3%), Vitamin C: 28.31mg (34.31%), Manganese: 0.32mg (16.07%), Potassium: 510.48mg (14.59%), Fiber: 3.16g (12.65%), Folate: 47.24µg (11.81%), Vitamin B6: 0.21mg (10.69%), Iron: 1.62mg (9%), Vitamin E: 1.3mg (8.66%), Copper: 0.14mg (6.79%), Vitamin B1: 0.1mg (100%)

(6.49%), Vitamin K: 6.7µg (6.38%), Phosphorus: 59mg (5.9%), Vitamin B2: 0.08mg (4.92%), Magnesium: 19.38mg (4.84%), Calcium: 46.11mg (4.61%), Zinc: 0.56mg (3.71%), Vitamin B3: 0.45mg (2.24%), Vitamin B5: 0.2mg (2%), Selenium: 0.92µg (1.31%)