



Endive, Pear, and Blue Cheese Salad

READY IN



45 min.

SERVINGS



4

CALORIES



240 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 ounces cheese blue divided crumbled
- ☐ 1.3 pounds endive trimmed
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 1 small garlic clove chopped
- ☐ 1 tablespoon juice of lemon fresh divided
- ☐ 0.5 cup buttermilk 1% low-fat ()
- ☐ 1 teaspoon olive oil
- ☐ 3 firm-ripe pears such as bosc, anjou, or bartlett assorted

- ☐ 1 ounce cocktail rye bread cubed
- ☐ 0.3 cup walnuts halved
- ☐ 0.5 teaspoon worcestershire sauce

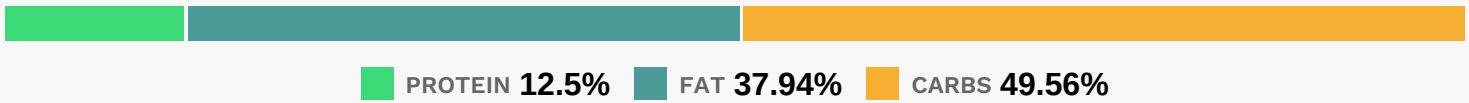
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ On a small baking sheet, combine walnuts, bread cubes, rosemary, garlic, and olive oil; toss well. Toast until fragrant (5–6 minutes); let cool.
- ☐ Halve, core, and slice pears. In a small bowl, combine pear slices and 1 teaspoon lemon juice; toss well.
- ☐ In another small bowl, combine remaining 2 teaspoons lemon juice, buttermilk, Worcestershire, pepper, and half of blue cheese.
- ☐ Arrange endive on plate or platter with pears.
- ☐ Sprinkle with remaining cheese and walnut mixture; drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:60.77, Glycemic Load:7.95, Inflammation Score:-10, Nutrition Score:23.060434723678%

Flavonoids

Cyanidin: 2.95mg, Cyanidin: 2.95mg, Cyanidin: 2.95mg, Cyanidin: 2.95mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 5.02mg, Epicatechin: 5.02mg, Epicatechin: 5.02mg, Epicatechin: 5.02mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg

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Nutrients (% of daily need)

Calories: 240.15kcal (12.01%), Fat: 10.88g (16.74%), Saturated Fat: 3.58g (22.39%), Carbohydrates: 31.98g (10.66%), Net Carbohydrates: 22.48g (8.17%), Sugar: 15.52g (17.24%), Cholesterol: 11.83mg (3.94%), Sodium: 292.79mg (12.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.07g (16.14%), Vitamin K: 334.79µg (318.85%), Vitamin A: 3232.29IU (64.65%), Folate: 233.1µg (58.28%), Manganese: 1mg (49.94%), Fiber: 9.5g (38%), Potassium: 740.42mg (21.15%), Calcium: 210.81mg (21.08%), Vitamin C: 17.17mg (20.81%), Copper: 0.39mg (19.72%), Vitamin B5: 1.75mg (17.53%), Phosphorus: 173.55mg (17.36%), Vitamin B2: 0.28mg (16.4%), Zinc: 2.08mg (13.85%), Vitamin B1: 0.2mg (13.5%), Magnesium: 52.33mg (13.08%), Iron: 1.97mg (10.92%), Selenium: 5.74µg (8.2%), Vitamin B6: 0.16mg (7.85%), Vitamin E: 1.06mg (7.07%), Vitamin B3: 1.31mg (6.55%), Vitamin B12: 0.24µg (3.98%)