



## Endive, Pear, and Roquefort Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



3

CALORIES



624 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 bartlett pears cored ripe halved sliced
- 4 heads belgian endive
- 0.5 teaspoon pepper black freshly ground
- 0.8 teaspoon dijon mustard
- 1 egg yolk at room temperature
- 0.8 teaspoons kosher salt
- 6 tablespoons olive oil good
- 0.3 pound roquefort cheese good

- 0.5 cup walnut halves toasted
- 1.5 tablespoons citrus champagne vinegar







## Equipment

- bowl
- whisk

## Directions

- Watch how to make this recipe.
- Trim off the core end of each head of endive and slice it in half lengthwise.
- Cut out the cores, separate the leaves, and place 1 1/2 to 2 heads of endive on each plate.
- In a medium bowl, whisk together the vinegar, mustard, egg yolk, salt, and pepper. Slowly whisk in the olive oil to make an emulsion. Toss the pears with some vinaigrette and place on the endive.
- Drizzle the remaining vinaigrette over the endive leaves to moisten them. Crumble the Roquefort onto the endive.
- Sprinkle with walnuts and serve at room temperature.

## Nutrition Facts

    
 **PROTEIN 8.29%**  **FAT 76.32%**  **CARBS 15.39%**

## Properties

Glycemic Index:50.67, Glycemic Load:6.32, Inflammation Score:-6, Nutrition Score:16.091739270998%

## Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

## Nutrients (% of daily need)

Calories: 623.65kcal (31.18%), Fat: 54.2g (83.38%), Saturated Fat: 12.94g (80.86%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 17.27g (6.28%), Sugar: 12.06g (13.4%), Cholesterol: 98.82mg (32.94%), Sodium: 1286.01mg (55.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.25g (26.5%), Manganese: 0.85mg (42.38%), Calcium: 304.54mg (30.45%), Vitamin E: 4.47mg (29.82%), Fiber: 7.31g (29.26%), Phosphorus: 272.95mg (27.29%),

Copper: 0.46mg (23.13%), Vitamin K: 22.5µg (21.43%), Folate: 79.8µg (19.95%), Vitamin B2: 0.33mg (19.63%), Selenium: 10.5µg (15%), Magnesium: 58.12mg (14.53%), Vitamin B6: 0.23mg (11.75%), Zinc: 1.75mg (11.67%), Potassium: 405.52mg (11.59%), Vitamin B5: 1.11mg (11.06%), Vitamin A: 542.61IU (10.85%), Vitamin B1: 0.15mg (10.2%), Vitamin C: 7.5mg (9.09%), Iron: 1.59mg (8.81%), Vitamin B12: 0.36µg (5.98%), Vitamin B3: 0.82mg (4.08%), Vitamin D: 0.32µg (2.16%)