



## Endive Pear Salad Bites With Maple Vinaigrette

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



250 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 purée of usa bartlett pear diced cored
- 1 head belgian endive into leaves separated
- 0.3 cup candied spicy walnuts; 8
- 0.3 cup cider vinegar
- 0.3 cup gorgonzola cheese crumbled
- 1 green onion sliced
- 0.3 cup maple syrup

- 1 cup olive oil
- 4 servings salt and pepper to taste
- 1 tablespoon spicy brown mustard

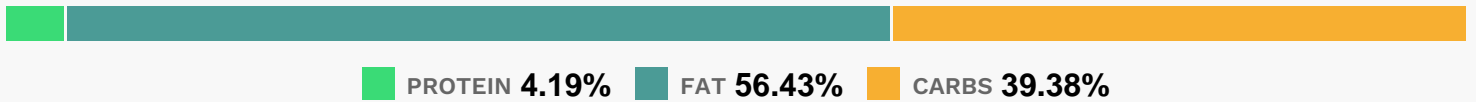
## Equipment

- bowl
- blender

## Directions

- Combine the olive oil, vinegar, maple syrup, and mustard together in a blender; blend until smooth.
- Arrange the endive on a serving platter with the rounded side down so that the leaves act as little bowls. Fill the endive with the diced pear, walnuts, and Gorgonzola cheese. Be careful to not overfill if you want to pass these. Carefully drizzle the dressing over the filling. Season with salt and pepper.
- Garnish with green onion to serve.

## Nutrition Facts



## Properties

Glycemic Index:52.13, Glycemic Load:7.3, Inflammation Score:-2, Nutrition Score:5.631739128543%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 249.63kcal (12.48%), Fat: 15.59g (23.98%), Saturated Fat: 2.82g (17.65%), Carbohydrates: 24.47g (8.16%), Net Carbohydrates: 22.05g (8.02%), Sugar: 18.76g (20.84%), Cholesterol: 5.3mg (1.77%), Sodium: 351.76mg (15.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.21%), Manganese: 0.56mg (28.19%), Vitamin B2: 0.3mg (17.8%), Vitamin K: 14.63µg (13.93%), Vitamin E: 1.66mg (11.04%), Fiber: 2.42g (9.68%), Calcium: 76.09mg (7.61%), Potassium: 164.86mg (4.71%), Phosphorus: 42.43mg (4.24%), Vitamin C: 2.91mg (3.52%), Selenium: 2.41µg

(3.44%), Magnesium: 13.25mg (3.31%), Folate: 12.3µg (3.07%), Zinc: 0.43mg (2.86%), Iron: 0.5mg (2.81%), Copper: 0.05mg (2.57%), Vitamin B1: 0.04mg (2.51%), Vitamin A: 102.76IU (2.06%), Vitamin B5: 0.17mg (1.74%), Vitamin B6: 0.03mg (1.66%), Vitamin B12: 0.09µg (1.44%), Vitamin B3: 0.22mg (1.1%)