



Endive, Radicchio, and Fennel Salad with Citrus Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 heads belgian endive sliced into long, thin strips
- 2 tablespoons chives chopped
- 1 fennel bulb cored thinly sliced
- 2 navel oranges peeled
- 6 servings pepper freshly ground to taste
- 1 head radicchio thinly sliced
- 6 servings sea salt to taste

0.5 cup citrus vinaigrette

Equipment

bowl

Directions

Combine endive and radicchio in a large serving bowl.

Add remaining ingredients; toss to mix.

Serve immediately.

Nutrition Facts

 **PROTEIN 4.67%** **FAT 63.46%** **CARBS 31.87%**

Properties

Glycemic Index:20.33, Glycemic Load:0.76, Inflammation Score:-6, Nutrition Score:11.644347916479%

Flavonoids

Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 10.21mg, Hesperetin: 10.21mg, Hesperetin: 10.21mg, Hesperetin: 10.21mg Naringenin: 3.31mg, Naringenin: 3.31mg, Naringenin: 3.31mg, Naringenin: 3.31mg Luteolin: 18.05mg, Luteolin: 18.05mg, Luteolin: 18.05mg, Luteolin: 18.05mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 14.94mg, Quercetin: 14.94mg, Quercetin: 14.94mg, Quercetin: 14.94mg

Nutrients (% of daily need)

Calories: 142.79kcal (7.14%), Fat: 10.73g (16.51%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 12.12g (4.04%), Net Carbohydrates: 8.87g (3.23%), Sugar: 6.32g (7.02%), Cholesterol: 0mg (0%), Sodium: 225.41mg (9.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.56%), Vitamin K: 166.37µg (158.45%), Vitamin C: 37.07mg (44.93%), Folate: 62µg (15.5%), Vitamin E: 2.31mg (15.43%), Fiber: 3.25g (13.01%), Potassium: 423.13mg (12.09%), Copper: 0.22mg (10.76%), Manganese: 0.19mg (9.35%), Phosphorus: 54.23mg (5.42%), Calcium: 52.88mg (5.29%), Magnesium: 20.19mg (5.05%), Vitamin A: 229.33IU (4.59%), Vitamin B6: 0.09mg (4.54%), Iron: 0.68mg (3.78%), Vitamin B5: 0.37mg (3.68%), Vitamin B1: 0.05mg (3.66%), Vitamin B2: 0.06mg (3.26%), Vitamin B3: 0.6mg (3.01%), Zinc: 0.44mg (2.93%), Selenium: 1.08µg (1.54%)