



Endive, Radish and Green Apple Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



60 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 large belgian endive trimmed halved lengthwise thinly sliced
- ☐ 1 large apples i use 2 granny smith apples cored thinly sliced quartered
- ☐ 1 teaspoon juice of lemon
- ☐ 3 tablespoons olive oil
- ☐ 0.1 teaspoon pepper
- ☐ 6 small radishes thinly sliced (8 oz. before trimming greens)
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sherry vinegar

☐ 3 tablespoons vegetable oil

Equipment

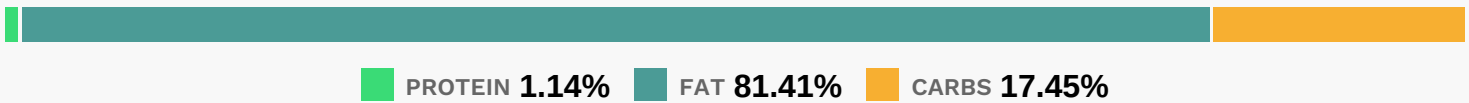
☐ bowl

☐ whisk

Directions

- ☐ Whisk vinegar, lemon juice, salt and pepper in a large bowl. Slowly drizzle in vegetable and olive oils, whisking constantly.
- ☐ Add radishes and apple. Toss well to prevent discoloration. Cover and refrigerate until serving. (Salad may be made up to 3 hours ahead to this point.)
- ☐ Just before serving, add endive and toss well to coat.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.55, Inflammation Score:-1, Nutrition Score:1.1091304176851%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Pelargonidin: 0.5mg, Pelargonidin: 0.5mg, Pelargonidin: 0.5mg, Pelargonidin: 0.5mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 59.55kcal (2.98%), Fat: 5.56g (8.56%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 2.68g (0.89%), Net Carbohydrates: 1.87g (0.68%), Sugar: 1.57g (1.74%), Cholesterol: 0mg (0%), Sodium: 39.72mg (1.73%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.17g (0.35%), Vitamin K: 7.05µg (6.72%), Vitamin E: 0.65mg (4.35%), Fiber:

0.81g (3.25%), Vitamin C: 1.34mg (1.62%), Folate: 5.94µg (1.49%), Potassium: 48.97mg (1.4%), Manganese: 0.02mg (1.15%)