



Endive, Romaine, and Radicchio Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



48 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups belgian endive sliced () (6 heads)
- 0.1 teaspoon pepper black freshly ground
- 0.5 teaspoon dijon mustard
- 1 garlic clove minced
- 0.5 teaspoon kosher salt
- 2 teaspoons olive oil
- 1 ounce parmesan cheese fresh grated
- 3 cups torn radicchio

- 1 tablespoon red wine vinegar
- 3 cups torn romaine lettuce

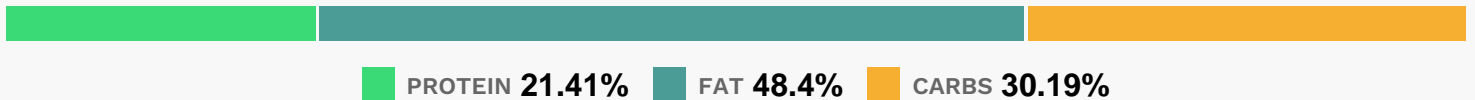
Equipment

- bowl
- whisk

Directions

- Combine first 3 ingredients in a large bowl.
- Sprinkle with salt; toss gently.
- Combine vinegar, mustard, pepper, and garlic in a small bowl; add oil, stirring with a whisk.
- Drizzle dressing over greens; toss gently to coat.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.09, Inflammation Score:-9, Nutrition Score:8.863913120135%

Flavonoids

Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg Luteolin: 7.61mg, Luteolin: 7.61mg, Luteolin: 7.61mg, Luteolin: 7.61mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg

Nutrients (% of daily need)

Calories: 48.13kcal (2.41%), Fat: 2.74g (4.21%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 3.84g (1.28%), Net Carbohydrates: 1.73g (0.63%), Sugar: 0.45g (0.5%), Cholesterol: 3.21mg (1.07%), Sodium: 281.57mg (12.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.45%), Vitamin K: 76.05µg (72.43%), Vitamin A: 2102.77IU (42.06%), Folate: 60.99µg (15.25%), Fiber: 2.1g (8.43%), Calcium: 77.68mg (7.77%), Manganese: 0.13mg (6.35%), Potassium: 221.95mg (6.34%), Phosphorus: 61.02mg (6.1%), Copper: 0.11mg (5.33%), Vitamin C: 3.97mg (4.81%), Vitamin E: 0.69mg (4.58%), Vitamin B1: 0.05mg (3.45%), Magnesium: 12.97mg (3.24%), Vitamin B2: 0.05mg

(2.95%), Iron: 0.53mg (2.93%), Vitamin B6: 0.06mg (2.93%), Zinc: 0.39mg (2.6%), Selenium: 1.64µg (2.35%), Vitamin B5: 0.18mg (1.79%), Vitamin B3: 0.22mg (1.08%)