



Endive Salad with Apples and Walnuts

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons apple cider vinegar
- 0.8 pound belgian endive separated
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon olive oil extravirgin
- 4 cups apples i use 2 granny smith apples sliced (2 large)
- 0.3 teaspoon salt
- 3 tablespoons shallots finely chopped
- 2 tablespoons walnuts toasted chopped

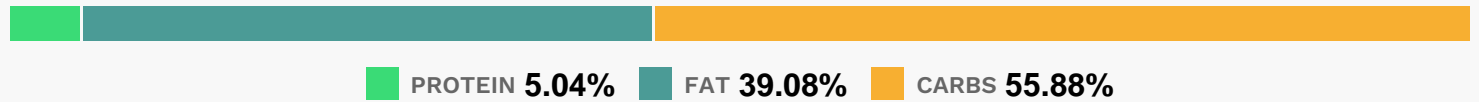
Equipment

- bowl
- whisk

Directions

- Combine first 5 ingredients in a large bowl, stirring with a whisk.
- Add apple and endive; toss gently to coat.
- Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:3.32, Inflammation Score:-3, Nutrition Score:4.0095652134522%

Flavonoids

Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 100.26kcal (5.01%), Fat: 4.71g (7.25%), Saturated Fat: 0.57g (3.53%), Carbohydrates: 15.16g (5.05%), Net Carbohydrates: 11g (4%), Sugar: 9.17g (10.19%), Cholesterol: 0mg (0%), Sodium: 99.84mg (4.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.73%), Fiber: 4.16g (16.65%), Manganese: 0.24mg (11.88%), Vitamin C: 5.86mg (7.11%), Folate: 28.46µg (7.11%), Potassium: 245mg (7%), Copper: 0.11mg (5.52%), Vitamin B6: 0.09mg (4.67%), Vitamin B1: 0.06mg (4.25%), Magnesium: 16.55mg (4.14%), Phosphorus: 38.97mg (3.9%), Vitamin E: 0.51mg (3.41%), Vitamin K: 3.5µg (3.34%), Vitamin B2: 0.04mg (2.54%), Iron: 0.43mg (2.36%), Calcium: 21.69mg (2.17%), Vitamin B5: 0.17mg (1.68%), Zinc: 0.25mg (1.67%), Vitamin A: 62.77IU (1.26%), Vitamin B3: 0.21mg (1.07%)