



Endive Salad With Oranges and Goat Cheese

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



339 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 ounces marcona almonds sliced
- ☐ 20 belgian endive leaves
- ☐ 4 servings chives minced
- ☐ 1 garlic head whole sliced
- ☐ 2 ounces goat cheese
- ☐ 1 cup olive oil spanish extra-virgin
- ☐ 40 orange sections (4 oranges)
- ☐ 0.3 teaspoon pepper

- ☐ 4 servings salad
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons shallots chopped
- ☐ 0.3 cup sherry vinegar
- ☐ 4 servings balsamic vinaigrette salad dressing

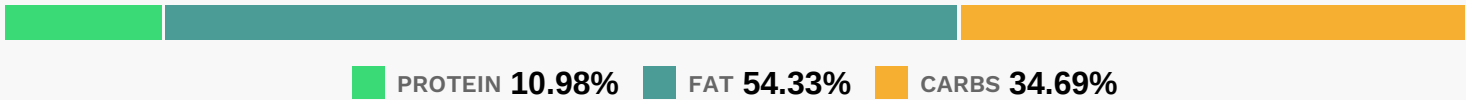
Equipment

- ☐ oven
- ☐ blender
- ☐ roasting pan

Directions

- ☐ Preheat oven to 40
- ☐ Place olive oil in a small roasting pan with garlic.
- ☐ Bake 3035 minutes or until garlic cloves feel soft.
- ☐ Remove from oven, and separate cloves; squeeze to extract garlic pulp. Discard skins. Process garlic cloves, vinegar, shallot, salt, and pepper in a blender until smooth.
- ☐ On each of 4 plates, place 5 endive leaves in a pinwheel pattern.
- ☐ Add 23 orange segments to each leaf of endive. Crumble a little goat cheese over each, and top with a few almond slices.
- ☐ Drizzle with about 1 tablespoon of the roasted-garlic vinaigrette (you'll have extra), and garnish with minced chives.

Nutrition Facts



Properties

Glycemic Index:47.38, Glycemic Load:5.57, Inflammation Score:-9, Nutrition Score:22.146087286265%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 35.42mg, Hesperetin: 35.42mg, Hesperetin: 35.42mg, Hesperetin: 35.42mg Naringenin: 19.98mg, Naringenin: 19.98mg, Naringenin: 19.98mg, Naringenin: 19.98mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 339.27kcal (16.96%), Fat: 21.83g (33.58%), Saturated Fat: 4.28g (26.74%), Carbohydrates: 31.36g (10.45%), Net Carbohydrates: 18.06g (6.57%), Sugar: 13.24g (14.72%), Cholesterol: 6.52mg (2.17%), Sodium: 215.4mg (9.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.93g (19.86%), Vitamin C: 87.05mg (105.51%), Fiber: 13.3g (53.2%), Folate: 162.16µg (40.54%), Manganese: 0.74mg (37.24%), Vitamin E: 5.5mg (36.63%), Potassium: 997.03mg (28.49%), Copper: 0.47mg (23.69%), Vitamin B1: 0.33mg (22.2%), Magnesium: 86.65mg (21.66%), Vitamin B2: 0.36mg (21.29%), Phosphorus: 212.54mg (21.25%), Vitamin A: 1014.75IU (20.29%), Calcium: 170.84mg (17.08%), Vitamin B6: 0.3mg (15.01%), Iron: 2.03mg (11.27%), Vitamin K: 10.12µg (9.64%), Vitamin B5: 0.94mg (9.4%), Zinc: 1.21mg (8.05%), Vitamin B3: 1.61mg (8.03%), Selenium: 2.5µg (3.57%)