



Endive Salad with Pancetta

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



208 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 head belgian endive separated
- 2 heads belgian endive
- 0.5 cup cheese (blue with maytag) crumbled
- 2 stalks celery
- 1.5 cups mushrooms fresh quartered
- 2 tablespoons juice of lemon fresh
- 0.3 cup mirin (rice wine)
- 0.3 cup olive oil

- 4 slices pancetta chopped thin
- 1 delicious apple diced red
- 1 shallots finely chopped
- 0.3 cup sherry wine vinegar

Equipment

- frying pan
- whisk

Directions

- Saut pancetta and shallot in a large skillet over medium heat 5 minutes or until browned.
- Add mirin and wine vinegar; simmer 2 minutes.
- Whisk in oil. Set aside, and keep warm.
- Combine sliced endive, celery, apple, and mushrooms; sprinkle with lemon juice, and toss well. Arrange salad on individual serving plates. Tuck several endive leaves around edge of each salad.
- Drizzle with reserved warm dressing, and sprinkle with blue cheese.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:1.58, Inflammation Score:-3, Nutrition Score:6.1469564722932%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin:

0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 207.96kcal (10.4%), Fat: 16.47g (25.33%), Saturated Fat: 4.07g (25.42%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 6.23g (2.26%), Sugar: 4.32g (4.8%), Cholesterol: 14.6mg (4.87%), Sodium: 205.41mg (8.93%), Alcohol: 1.61g (100%), Alcohol %: 1.33% (100%), Protein: 4.91g (9.82%), Vitamin E: 1.8mg (12.03%), Vitamin K: 11.53µg (10.98%), Vitamin B2: 0.17mg (10.07%), Phosphorus: 95.34mg (9.53%), Selenium: 6.04µg (8.63%), Fiber: 2.15g (8.6%), Potassium: 272.09mg (7.77%), Calcium: 75.71mg (7.57%), Vitamin B3: 1.48mg (7.41%), Vitamin B5: 0.71mg (7.14%), Folate: 26.06µg (6.52%), Vitamin C: 5.37mg (6.51%), Vitamin B6: 0.12mg (5.93%), Copper: 0.12mg (5.87%), Vitamin B1: 0.08mg (5.1%), Zinc: 0.63mg (4.2%), Manganese: 0.08mg (4.08%), Vitamin A: 173.69IU (3.47%), Magnesium: 13.67mg (3.42%), Vitamin B12: 0.19µg (3.23%), Iron: 0.43mg (2.38%)