



Endive Salad with Toasted Walnuts and Breadcrumbs

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 fillet anchovy packed in oil, drained, finely chopped
- ☐ 4 belgian endive thick sliced
- ☐ 4 servings pepper black freshly ground
- ☐ 1 cup breadcrumbs fresh
- ☐ 1 garlic clove finely grated
- ☐ 4 servings kosher salt
- ☐ 6 tablespoons olive oil divided
- ☐ 2 tablespoons orange juice fresh

- ☐ 1 teaspoon orange zest finely grated
- ☐ 0.3 cup pecorino cheese
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 ounces taleggio cheese cut into 1/2" pieces (1/4 cup)
- ☐ 0.5 cup walnuts raw
- ☐ 1 tablespoon balsamic vinegar

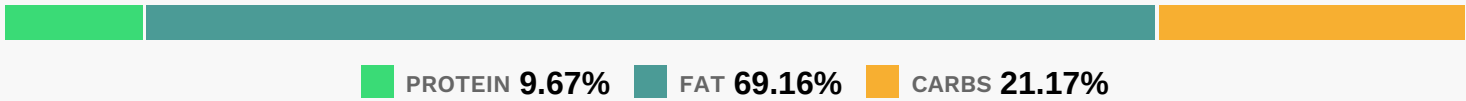
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350°F. Toast walnuts on arimmed baking sheet, tossing occasionally,until fragrant and slightly darker, 8–10minutes.
- ☐ Let cool.
- ☐ Toss breadcrumbs with 2 tablespoons oil on a clean rimmed baking sheet; season with salt.
- ☐ Bake, tossing once, until golden brownand crisp, 12–15 minutes; let cool.
- ☐ Mix anchovies, garlic, red wine vinegar,and remaining 4 tablespoons oil in a medium bowl just to combine; season with salt andpepper.
- ☐ Add toasted walnuts, breadcrumbs,Taleggio, and Pecorino and toss to combine.
- ☐ Toss endive, orange zest, orange juice,and white wine vinegar in another medium bowl; season with salt and pepper.
- ☐ Divide walnut mixture among plates andtop with endive salad.
- ☐ DO AHEAD: Vinaigrette can be made1 day ahead; cover and chill. Walnuts andbreadcrumbs can be toasted 1 day ahead;store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:1.14, Inflammation Score:-5, Nutrition Score:13.032173849318%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 477.54kcal (23.88%), Fat: 37.47g (57.64%), Saturated Fat: 7.79g (48.68%), Carbohydrates: 25.81g (8.6%), Net Carbohydrates: 21.86g (7.95%), Sugar: 3.42g (3.8%), Cholesterol: 20.1mg (6.7%), Sodium: 641.25mg (27.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.57%), Manganese: 0.84mg (42.01%), Vitamin B1: 0.36mg (23.88%), Calcium: 228.14mg (22.81%), Vitamin E: 3.19mg (21.28%), Copper: 0.35mg (17.42%), Phosphorus: 167.61mg (16.76%), Folate: 66.37µg (16.59%), Fiber: 3.95g (15.8%), Selenium: 10.12µg (14.45%), Vitamin K: 15.15µg (14.42%), Vitamin B3: 2.65mg (13.25%), Iron: 2.26mg (12.56%), Magnesium: 46.41mg (11.6%), Vitamin B2: 0.18mg (10.73%), Vitamin C: 6.88mg (8.33%), Potassium: 279.99mg (8%), Vitamin B6: 0.16mg (7.92%), Zinc: 1.18mg (7.86%), Vitamin A: 342.35IU (6.85%), Vitamin B5: 0.39mg (3.86%), Vitamin B12: 0.19µg (3.15%)