



Endive & Snap Pea Salad with Parmesan Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 belgian endive yellow
- 0.3 teaspoon pepper black freshly ground plus more for seasoning
- 2 tablespoon champagne vinegar
- 2 tablespoons chervil chopped
- 2 tablespoons chives thinly sliced
- 0.5 teaspoon dijon mustard
- 2 tablespoons flat parsley chopped

- 0.5 teaspoon kosher salt plus more
- 1 tablespoon juice of lime fresh
- 2 tablespoon olive oil extra virgin extra-virgin
- 0.5 cup parmesan divided finely grated
- 8 small belgian endive red
- 10 ounces sugar snap peas stemmed
- 0.3 cup unrefined sunflower oil
- 2 tablespoons tarragon chopped

Equipment

- bowl
- sauce pan
- blender

Directions

- Blanch peas in a large saucepan of boiling salted water until bright green and crisp-tender, about 2 minutes.
- Drain peas; transfer to a bowl of ice water to cool.
- Drain; thinly slice on a sharp diagonal.
- Purée 1/4 cup Parmesan, vinegar, lime juice, Dijon mustard, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a blender until smooth. With machine running, gradually add both oils and blend until emulsified and well incorporated.
- Place 1 red endive spear and 1 yellow spear on each plate. Fill leaves with some of the snap peas. Top with 2 more endive spears (arrange perpendicularly to the bottom leaves) and fill with remaining snap peas.
- Drizzle some of dressing over.
- Sprinkle remaining 1/4 cup Parmesan and herbs over, then drizzle with more dressing. Season with pepper.

Nutrition Facts



■ PROTEIN 11.91% ■ FAT 66.61% ■ CARBS 21.48%

Properties

Glycemic Index:59.5, Glycemic Load:1.21, Inflammation Score:-9, Nutrition Score:22.274347529463%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 317.61kcal (15.88%), Fat: 24.61g (37.87%), Saturated Fat: 4.52g (28.23%), Carbohydrates: 17.86g (5.95%), Net Carbohydrates: 8.73g (3.17%), Sugar: 3.05g (3.39%), Cholesterol: 8.5mg (2.83%), Sodium: 511.14mg (22.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.9g (19.81%), Vitamin C: 56.16mg (68.07%), Vitamin K: 59.11µg (56.3%), Vitamin E: 6.94mg (46.26%), Manganese: 0.75mg (37.55%), Fiber: 9.13g (36.53%), Folate: 130.58µg (32.64%), Calcium: 298.58mg (29.86%), Vitamin A: 1459.53IU (29.19%), Potassium: 850.33mg (24.3%), Iron: 4.26mg (23.69%), Phosphorus: 205.67mg (20.57%), Vitamin B1: 0.27mg (17.74%), Vitamin B6: 0.33mg (16.38%), Magnesium: 61.86mg (15.46%), Vitamin B2: 0.22mg (13.19%), Copper: 0.21mg (10.61%), Vitamin B5: 0.92mg (9.17%), Zinc: 1.27mg (8.48%), Selenium: 4.86µg (6.94%), Vitamin B3: 1.29mg (6.46%), Vitamin B12: 0.15µg (2.5%)