



## Endive Spears with White Bean Radicchio Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 large heads belgian endive
- 0.3 teaspoon pepper black freshly ground
- 15 oz cannellini beans rinsed drained canned
- 2 tablespoons chives chopped
- 2 tablespoons olive oil
- 0.8 cup radicchio thinly finely chopped
- 1 tbsp red wine vinegar

0.3 teaspoon salt

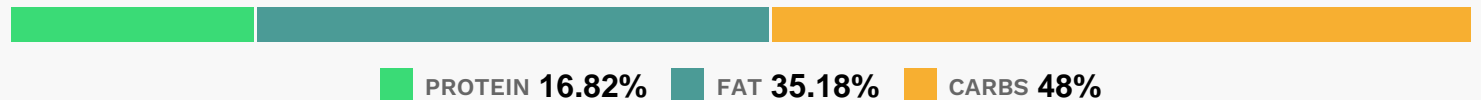
## Equipment

bowl

## Directions

- Mix together beans, radicchio, 1 tbsp. vinegar, olive oil, chives, salt, and pepper in a small bowl. Taste and add more vinegar if you like.
- Trim base from endive heads and separate endive into 24 leaves, reserving smaller leaves for another use (like salad). Spoon bean mixture into base of each leaf, dividing evenly.
- Make ahead: Prepare through step 1 and chill, covered, up to 1 day.

## Nutrition Facts



## Properties

Glycemic Index:3.21, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.5234782352396%

## Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 31.07kcal (1.55%), Fat: 1.24g (1.91%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 2.92g (1.06%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 25.29mg (1.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.67%), Vitamin K: 4.46µg (4.24%), Manganese: 0.08mg (3.9%), Folate: 15.41µg (3.85%), Fiber: 0.89g (3.58%), Phosphorus: 24.86mg (2.49%), Magnesium: 9.38mg (2.34%), Potassium: 67.51mg (1.93%), Vitamin B1: 0.03mg (1.72%), Iron: 0.3mg (1.67%), Copper: 0.03mg (1.67%), Vitamin E: 0.2mg (1.31%), Selenium: 0.74µg (1.06%)