



Endive, Stilton, and Bacon Salad

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



512 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 slices bacon
- ☐ 1 lb belgian endive cut into 3/4-inch pieces
- ☐ 0.3 cup parsley fresh
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 oz coarsely stilton cheese crumbled

Equipment

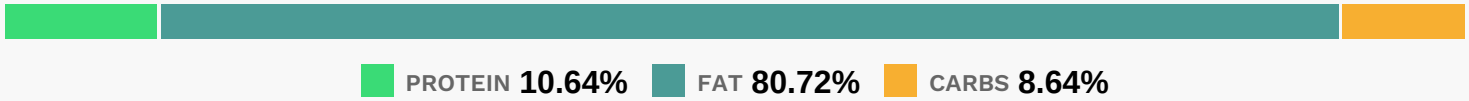
- ☐ bowl

- ☐ paper towels
- ☐ whisk

Directions

- ☐ Cook bacon until crisp and transfer to paper towels to drain.
- ☐ Whisk together oil, lemon juice, and salt and pepper to taste in a large bowl.
- ☐ Add endives, Stilton, and parsley and toss to coat. Crumble bacon over salad.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:0.25, Inflammation Score:-7, Nutrition Score:18.79739139391%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 512.1kcal (25.6%), Fat: 46.9g (72.16%), Saturated Fat: 14.12g (88.23%), Carbohydrates: 11.29g (3.76%), Net Carbohydrates: 3.99g (1.45%), Sugar: 0.39g (0.44%), Cholesterol: 50.3mg (16.77%), Sodium: 626.53mg (27.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.82%), Vitamin K: 136.32µg (129.83%), Fiber: 7.3g (29.2%), Folate: 107.02µg (26.76%), Phosphorus: 236.99mg (23.7%), Vitamin C: 19.23mg (23.31%), Vitamin E: 3.35mg (22.34%), Calcium: 205.99mg (20.6%), Potassium: 687.72mg (19.65%), Selenium: 13.42µg (19.18%), Vitamin A: 930.61IU (18.61%), Vitamin B1: 0.28mg (18.57%), Vitamin B6: 0.27mg (13.48%), Vitamin B3: 2.53mg (12.63%), Vitamin B2: 0.21mg (12.57%), Manganese: 0.25mg (12.35%), Zinc: 1.72mg (11.47%), Vitamin B5: 1.1mg (11.03%), Magnesium: 38.68mg (9.67%), Vitamin B12: 0.57µg (9.43%), Copper: 0.16mg (7.89%), Iron: 1.4mg (7.78%), Vitamin D: 0.32µg (2.12%)