



Endive, Watercress, and Walnut Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



159 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 belgian endives separated
- ☐ 0.3 cup canola oil
- ☐ 1.5 teaspoons dijon mustard
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 cup walnuts
- ☐ 3 bunches watercress dried rinsed

Equipment

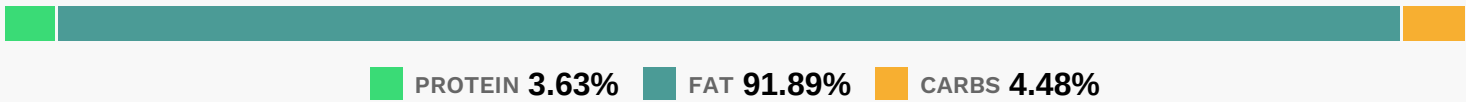
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 350 F.
- ☐ Place the walnuts on an ungreased cookie sheet and toast until lightly browned, about 5 to 7 minutes, stirring occasionally.
- ☐ Remove and let cool.
- ☐ In a large bowl, combine the oil, vinegar, and mustard.
- ☐ Whisk together to combine well and season to taste with salt and groun pepper.
- ☐ Add the endives, watercress, and toasted walnuts and toss to mix well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:5.4295652923377%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 158.61kcal (7.93%), Fat: 16.75g (25.78%), Saturated Fat: 1.33g (8.28%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.21g (0.24%), Cholesterol: 0mg (0%), Sodium: 19.76mg (0.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Vitamin K: 40.32µg (38.4%), Vitamin E: 2.35mg (15.68%), Manganese: 0.28mg (13.88%), Vitamin A: 406.19IU (8.12%), Vitamin C: 5.98mg (7.25%), Copper: 0.12mg (6.17%), Fiber: 1.1g (4.4%), Magnesium: 15.46mg (3.87%), Phosphorus: 36.33mg (3.63%), Folate: 14.12µg (3.53%), Potassium: 111.02mg (3.17%), Vitamin B1: 0.05mg (3.12%), Vitamin B6: 0.06mg (2.97%), Calcium: 25.81mg (2.58%), Vitamin B2: 0.03mg (1.78%), Zinc: 0.25mg (1.68%), Iron: 0.3mg (1.66%), Selenium: 0.89µg (1.27%), Vitamin B5: 0.11mg (1.05%)