



Endive with Cranberry Orange Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



16

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup roasted chicken cooked chopped
- 2 tablespoons spring onion chopped
- 0.5 teaspoon orange zest grated
- 0.3 teaspoon salt
- 0.3 teaspoon ground ginger
- 0.3 cup salad dressing
- 2 heads belgian endive green red (16 leaves)
- 0.3 cup relish frozen thawed ()

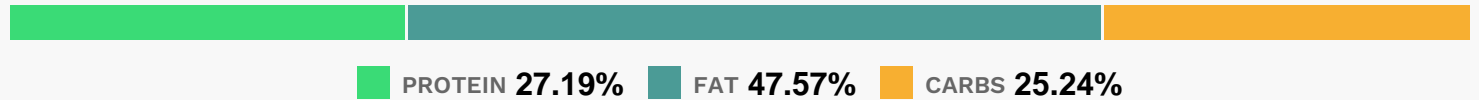
16 cashew pieces

Equipment

Directions

- Mix chicken, onions, orange peel, salt, ginger and mayonnaise until well blended. (If making ahead, cover and refrigerate up to 24 hours.)
- Spoon about 1 tablespoon chicken mixture onto each endive leaf. Top each with 1 teaspoon relish and 1 cashew.
- Garnish with additional orange peel if desired.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:3.58, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.6034782580707%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 37.88kcal (1.89%), Fat: 2.05g (3.15%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 2.08g (0.76%), Sugar: 0.5g (0.56%), Cholesterol: 6.56mg (2.19%), Sodium: 135.26mg (5.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Vitamin K: 4.12µg (3.92%), Vitamin B3: 0.75mg (3.77%), Selenium: 2.56µg (3.66%), Phosphorus: 30.34mg (3.03%), Vitamin B6: 0.05mg (2.44%), Copper: 0.05mg (2.35%), Manganese: 0.05mg (2.33%), Magnesium: 8.26mg (2.07%), Iron: 0.31mg (1.74%), Zinc: 0.25mg (1.65%), Potassium: 53.59mg (1.53%), Fiber: 0.36g (1.45%), Vitamin B1: 0.02mg (1.28%), Vitamin B5: 0.11mg (1.09%), Vitamin B2: 0.02mg (1.07%)