



Endive with Smoked Salmon

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

READY IN



25 min.

SERVINGS



25

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado pitted ripe peeled cut into 1/4-inch dice
- 1.5 lb belgian endive
- 25 servings chives for garnish, optional
- 2 tablespoons chives fresh snipped
- 3 tablespoons juice of lemon
- 3 tablespoons olive oil
- 25 servings salt and pepper
- 0.8 cup salmon smoked chopped

2 medium tomatoes

Equipment

bowl

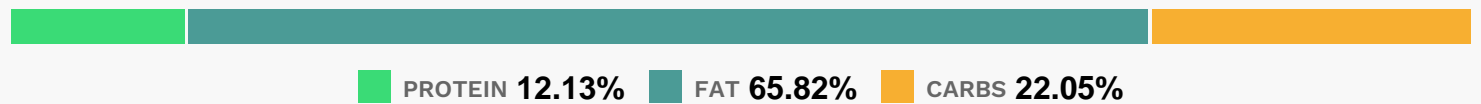
Directions

Cut tomatoes in half horizontally. Scoop out and discard seeds. Finely chop tomatoes; place in a large bowl. Stir in juice and oil; season with salt and pepper. Gently toss in salmon, avocado and chives.

Cut bottom off each head of endive; separate leaves. Arrange 24 large outer leaves on a platter. Reserve smaller inner leaves for another use. Fill lower half of leaves with a heaping tablespoon of salmon salad.

Serve, garnished with additional chives if desired.

Nutrition Facts



Properties

Glycemic Index:6.72, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:2.7769565115804%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 39.65kcal (1.98%), Fat: 3.1g (4.77%), Saturated Fat: 0.45g (2.83%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 0.8g (0.29%), Sugar: 0.38g (0.42%), Cholesterol: 0.94mg (0.31%), Sodium: 227.47mg (9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.57%), Fiber: 1.54g (6.15%), Vitamin K: 6.12µg (5.83%), Vitamin C: 4.33mg (5.25%), Folate: 19.8µg (4.95%), Vitamin D: 0.7µg (4.65%), Potassium: 132.46mg (3.78%), Vitamin

E: 0.52mg (3.48%), Vitamin A: 159.23IU (3.18%), Manganese: 0.06mg (2.79%), Vitamin B6: 0.05mg (2.69%), Copper: 0.05mg (2.34%), Vitamin B12: 0.13µg (2.22%), Vitamin B3: 0.44mg (2.22%), Phosphorus: 21.17mg (2.12%), Selenium: 1.42µg (2.03%), Vitamin B5: 0.2mg (2.02%), Magnesium: 7.5mg (1.88%), Vitamin B1: 0.03mg (1.88%), Vitamin B2: 0.03mg (1.5%), Iron: 0.2mg (1.13%)