



HEALTH SCORE

100%

Escarole, Fennel, and Oak-Leaf Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



12

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup apple cider (preferably unfiltered)
- ☐ 0.3 teaspoon pepper black
- ☐ 2.5 tablespoons apple cider vinegar
- ☐ 12 cups endive loosely packed (from hearts of 2 heads)
- ☐ 0.8 lb fennel bulb quartered (sometimes labeled "anise")
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 12 cups romaine leaves loosely packed
- ☐ 0.8 teaspoon salt

☐ 1 teaspoon shallots finely chopped

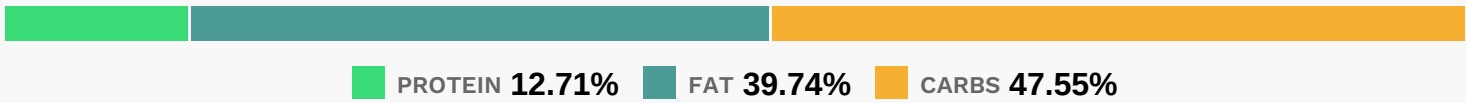
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Boil apple cider in a small saucepan or skillet over moderate heat until reduced to about 2 tablespoons, 5 to 8 minutes. Cool to room temperature.
- ☐ Shave fennel into 1/8-inch-thick slices with slicer.
- ☐ Whisk together reduced cider syrup, vinegar, shallot, salt, and pepper in a small bowl, then add oil, whisking to combine. Toss with fennel, escarole, and lettuce in a large bowl just before serving.
- ☐ •Fennel can be shaved and greens can be washed and dried 1 day ahead and chilled separately, wrapped well in dampened paper towels, in sealed plastic bags. •Dressing can be made 2 days ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:1.28, Inflammation Score:-10, Nutrition Score:22.893043435138%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 5.05mg, Kaempferol: 5.05mg, Kaempferol: 5.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin:

0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 100.22kcal (5.01%), Fat: 4.68g (7.2%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 7.75g (2.82%), Sugar: 5.05g (5.61%), Cholesterol: 0mg (0%), Sodium: 238.19mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.73%), Vitamin A: 18638.85IU (372.78%), Vitamin K: 136.08µg (129.6%), Vitamin C: 49.38mg (59.86%), Manganese: 1mg (49.94%), Folate: 168.62µg (42.16%), Potassium: 751.71mg (21.48%), Fiber: 4.84g (19.36%), Vitamin B1: 0.28mg (18.84%), Vitamin B2: 0.29mg (16.81%), Iron: 2.81mg (15.6%), Vitamin B6: 0.26mg (13.16%), Calcium: 126.84mg (12.68%), Vitamin E: 1.74mg (11.63%), Magnesium: 44.08mg (11.02%), Phosphorus: 98.23mg (9.82%), Vitamin B3: 1.34mg (6.7%), Zinc: 0.93mg (6.2%), Vitamin B5: 0.52mg (5.24%), Copper: 0.07mg (3.55%), Selenium: 1.74µg (2.49%)