



Escarole Salad with Horseradish and Capers



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



99 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons capers rinsed
- ☐ 2 tablespoons crème fraîche
- ☐ 6 cups endive (from 2 heads)
- ☐ 0.3 cup horseradish shaved peeled
- ☐ 4 servings pepper freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 small onion red thinly sliced

☐ 1 tablespoon red wine vinegar

Equipment

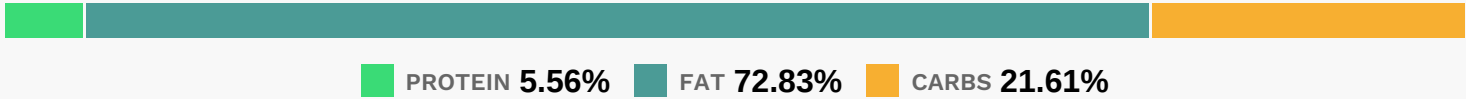
☐ bowl

☐ whisk

Directions

- ☐ Soak onion in a small bowl of ice waterat least 30 minutes.
- ☐ Drain and pat dry.
- ☐ Whisk crème fraîche, oil, lemon juice,and vinegar in a large bowl.
- ☐ Add escarole,capers, and drained onion; seasonwith salt and pepper and toss to coat.
- ☐ Top salad with horseradish and seasonwith more pepper.
- ☐ DO AHEAD: Onion can be soaked 2 hoursahead.
- ☐ Drain just before using.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.66, Inflammation Score:-8, Nutrition Score:11.953913012924%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 12.87mg, Kaempferol: 12.87mg, Kaempferol: 12.87mg, Kaempferol: 12.87mg Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg

Nutrients (% of daily need)

Calories: 99.17kcal (4.96%), Fat: 8.47g (13.03%), Saturated Fat: 1.64g (10.23%), Carbohydrates: 5.66g (1.89%), Net Carbohydrates: 2.55g (0.93%), Sugar: 1.99g (2.22%), Cholesterol: 3.54mg (1.18%), Sodium: 192.89mg (8.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.91%), Vitamin K: 178.92µg (170.4%), Vitamin A: 1669.36IU (33.39%), Folate: 118.4µg (29.6%), Manganese: 0.36mg (18.07%), Vitamin C: 10.81mg (13.11%), Fiber: 3.1g (12.41%),

Vitamin E: 1.41mg (9.37%), Potassium: 298.26mg (8.52%), Vitamin B5: 0.73mg (7.25%), Calcium: 57.6mg (5.76%),
Copper: 0.1mg (5.2%), Zinc: 0.77mg (5.1%), Iron: 0.84mg (4.67%), Magnesium: 18.45mg (4.61%), Vitamin B2: 0.08mg
(4.59%), Vitamin B1: 0.07mg (4.49%), Phosphorus: 33.36mg (3.34%), Vitamin B3: 0.4mg (2.01%), Vitamin B6:
0.04mg (1.98%), Selenium: 0.88µg (1.26%)