



WHATSheATE



Frisée and Endive Salad with Warm Brussels Sprouts and Toasted Pecans



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



312 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 lb belgian endives
- ☐ 0.3 teaspoon pepper black
- ☐ 1 lb brussels sprouts trimmed halved lengthwise quartered (preferably small) (if large)
- ☐ 1 tablespoon dijon mustard
- ☐ 4 cups frisée trimmed
- ☐ 6 tablespoons olive oil
- ☐ 0.5 cup pecan halves halved lengthwise

- ☐ 1 teaspoon salt
- ☐ 0.3 cup shallots minced
- ☐ 0.3 cup butter unsalted cut into pieces
- ☐ 2 tablespoons water
- ☐ 3 tablespoons white-wine vinegar

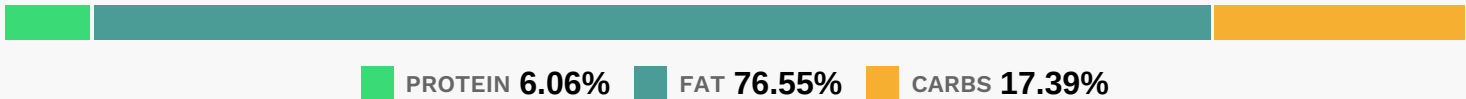
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Whisk together vinegar, water, mustard, shallot, salt, and pepper in a small bowl, then add oil in a slow stream, whisking.
- ☐ Preheat oven to 400°F.
- ☐ Melt butter in a large shallow baking pan (1 inch deep) in lower third of oven, about 3 minutes. Toss sprouts in pan with butter, pecans, and salt. Arrange sprouts, cut sides down, in 1 layer and roast in lower third of oven until undersides of sprouts are golden and nuts are fragrant, 12 to 15 minutes.
- ☐ Whisk vinaigrette, then transfer warm sprouts and nuts to a large bowl and toss with frisée, endive, and enough vinaigrette to coat.
- ☐ Serve immediately.
- ☐ Vinaigrette can be made 2 hours ahead and kept at room temperature.Brussels sprouts and nuts can be roasted 2 hours ahead and kept at room temperature. Reheat in a 400F oven until hot, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:1.7, Inflammation Score:-9, Nutrition Score:22.601304146259%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 311.87kcal (15.59%), Fat: 28.11g (43.25%), Saturated Fat: 7.4g (46.24%), Carbohydrates: 14.37g (4.79%), Net Carbohydrates: 6.59g (2.39%), Sugar: 3.04g (3.38%), Cholesterol: 20.34mg (6.78%), Sodium: 453.86mg (19.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10.01%), Vitamin K: 242.64µg (231.09%), Vitamin C: 75.3mg (91.28%), Vitamin A: 2741.21IU (54.82%), Manganese: 0.9mg (44.96%), Fiber: 7.79g (31.14%), Folate: 116.39µg (29.1%), Vitamin E: 3.78mg (25.22%), Potassium: 670.62mg (19.16%), Vitamin B1: 0.24mg (15.84%), Copper: 0.3mg (15.19%), Vitamin B6: 0.29mg (14.29%), Magnesium: 48.89mg (12.22%), Phosphorus: 121.95mg (12.2%), Iron: 2.03mg (11.29%), Calcium: 94.07mg (9.41%), Vitamin B5: 0.85mg (8.48%), Vitamin B2: 0.14mg (8.21%), Zinc: 1.02mg (6.81%), Vitamin B3: 0.99mg (4.93%), Selenium: 2.84µg (4.06%)