



Frisée Salad with Blue Cheese, Walnut, and Cranberry Crostini

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



173 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces cheese blue crumbled
- ☐ 24.3 inch thick ciabatta bread
- ☐ 0.3 cup cranberries dried
- ☐ 8 cups baby frisée thin
- ☐ 2 teaspoons red wine vinegar
- ☐ 12 servings sea salt fine
- ☐ 6 tablespoons shallots divided minced

- ☐ 4 tablespoons walnut oil divided
- ☐ 0.5 cup walnuts toasted chopped

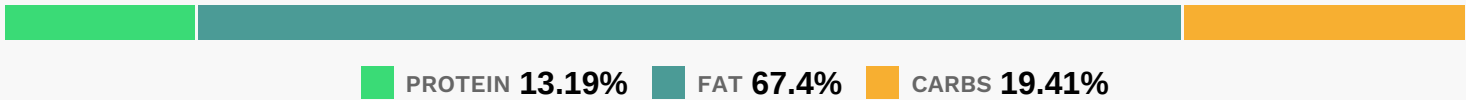
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400°F. Arrange bread slices on baking sheet.
- ☐ Brush bread slices on top side with 2 tablespoons walnut oil.
- ☐ Bake until crisp, about 5 minutes.
- ☐ Mix walnuts, cheese, 4 tablespoons shallots, and dried cranberries in medium bowl.
- ☐ Spread mixture on toasts.
- ☐ Bake until cheese melts, about 4 minutes.
- ☐ Meanwhile, combine frisée, 2 tablespoons shallots, 2 tablespoons walnut oil, and vinegar in bowl.
- ☐ Sprinkle with fleur de sel; toss.
- ☐ Serve with crostini.

Nutrition Facts



Properties

Glycemic Index:6.42, Glycemic Load:0.39, Inflammation Score:-8, Nutrition Score:12.197391567023%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 173.4kcal (8.67%), Fat: 13.45g (20.69%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 6.66g (2.42%), Sugar: 3.29g (3.66%), Cholesterol: 14.17mg (4.72%), Sodium: 452.22mg (19.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Vitamin K: 100.78µg (95.98%), Vitamin A: 2051.05IU (41.02%), Manganese: 0.34mg (16.78%), Calcium: 140.22mg (14.02%), Folate: 49.95µg (12.49%), Phosphorus: 109.01mg (10.9%), Vitamin C: 8.47mg (10.27%), Copper: 0.19mg (9.51%), Fiber: 2.05g (8.22%), Vitamin B5: 0.76mg (7.63%), Vitamin B2: 0.11mg (6.75%), Potassium: 228.6mg (6.53%), Vitamin E: 0.93mg (6.17%), Magnesium: 23.27mg (5.82%), Vitamin B6: 0.11mg (5.55%), Zinc: 0.82mg (5.45%), Selenium: 3.16µg (4.51%), Vitamin B12: 0.23µg (3.84%), Iron: 0.58mg (3.22%), Vitamin B1: 0.05mg (3.04%), Vitamin B3: 0.44mg (2.21%)