



Frisée Salad with Maple-Bacon Vinaigrette

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups diagonally cut belgian endive () (3 heads)
- 0.1 teaspoon pepper black freshly ground
- 0.8 cup cheese blue crumbled
- 2 tablespoons champagne vinegar
- 1 teaspoon dijon mustard
- 6 cups torn frisée leaves
- 4 teaspoons maple syrup
- 1 teaspoon olive oil extra-virgin

- 1 cup radicchio thinly thinly sliced
- 0.3 teaspoon salt
- 0.3 cup shallots chopped
- 4 slices center-cut bacon

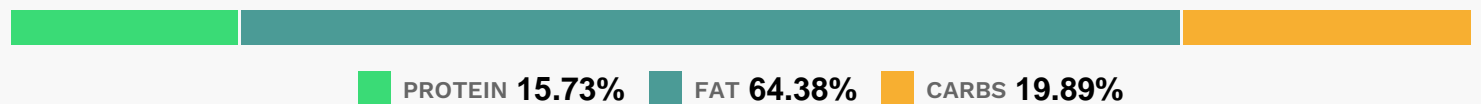
Equipment

- bowl
- frying pan

Directions

- Combine first 3 ingredients in a large bowl. Cook bacon in a large nonstick skillet over medium heat until crisp.
- Remove bacon from pan, reserving drippings; crumble.
- Add shallots to drippings in pan; cook 30 seconds, stirring constantly.
- Remove from heat; stir in champagne vinegar, maple syrup, extra-virgin olive oil, Dijon mustard, salt, and freshly ground black pepper.
- Pour dressing over salad greens; toss well to combine.
- Add crumbled bacon and cheese to greens; toss gently.

Nutrition Facts



Properties

Glycemic Index:19.69, Glycemic Load:1.25, Inflammation Score:-9, Nutrition Score:14.072174004886%

Flavonoids

Cyanidin: 6.35mg, Cyanidin: 6.35mg, Cyanidin: 6.35mg, Cyanidin: 6.35mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 2.68mg, Luteolin: 2.68mg, Luteolin: 2.68mg, Luteolin: 2.68mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 157.53kcal (7.88%), Fat: 11.48g (17.66%), Saturated Fat: 4.87g (30.46%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 4.77g (1.73%), Sugar: 3.04g (3.38%), Cholesterol: 21.37mg (7.12%), Sodium: 364.65mg (15.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.62%), Vitamin K: 125.07µg (119.12%), Vitamin A: 2262.41IU (45.25%), Folate: 68.02µg (17%), Manganese: 0.33mg (16.32%), Vitamin C: 11.27mg (13.66%), Fiber: 3.21g (12.85%), Calcium: 122.08mg (12.21%), Phosphorus: 111.69mg (11.17%), Potassium: 370.99mg (10.6%), Vitamin B2: 0.16mg (9.43%), Selenium: 6µg (8.58%), Vitamin B5: 0.86mg (8.56%), Copper: 0.17mg (8.55%), Vitamin B6: 0.16mg (7.8%), Vitamin E: 1.15mg (7.65%), Vitamin B1: 0.11mg (7.5%), Magnesium: 24.26mg (6.07%), Zinc: 0.87mg (5.8%), Vitamin B3: 1.15mg (5.73%), Vitamin B12: 0.24µg (4.07%), Iron: 0.71mg (3.96%)