



Gilly's chicory salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



3 plump heads chicory



6 tbsp olive oil extra-virgin



2 tbsp citrus champagne vinegar



1 tsp wholegrain mustard



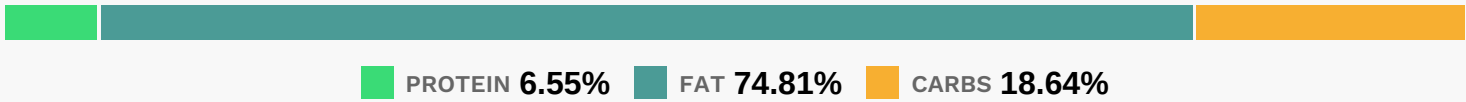
1 tsp golden caster sugar

Equipment

Directions

- ☐ Separate the chicory leaves and put them in a serving dish.
- ☐ Mix together the oil, vinegar, mustard and sugar with salt and pepper to taste.
- ☐ Pour over the leaves and toss with a spoon and fork so that all the leaves get coated.
- ☐ Serve straight away, before the dressing has a chance to discolour and soften the leaves.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.26, Inflammation Score:-10, Nutrition Score:22.711739146191%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 22.73mg, Kaempferol: 22.73mg, Kaempferol: 22.73mg, Kaempferol: 22.73mg

Nutrients (% of daily need)

Calories: 165.49kcal (8.27%), Fat: 14.48g (22.27%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 8.12g (2.71%), Net Carbohydrates: 1.11g (0.4%), Sugar: 1.09g (1.21%), Cholesterol: 0mg (0%), Sodium: 59.49mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Vitamin K: 528.19µg (503.04%), Vitamin A: 4876.34IU (97.53%), Folate: 319.56µg (79.89%), Manganese: 0.95mg (47.56%), Fiber: 7.01g (28.04%), Potassium: 710.54mg (20.3%), Vitamin B5: 2.03mg (20.28%), Vitamin E: 3.01mg (20.06%), Vitamin C: 14.65mg (17.76%), Vitamin B1: 0.18mg (12.1%), Zinc: 1.78mg (11.9%), Calcium: 118.41mg (11.84%), Copper: 0.22mg (11.21%), Iron: 1.99mg (11.03%), Vitamin B2: 0.17mg (9.96%), Magnesium: 34.4mg (8.6%), Phosphorus: 64.32mg (6.43%), Vitamin B3: 0.91mg (4.53%), Vitamin B6: 0.05mg (2.29%), Selenium: 0.74µg (1.06%)