



Herb-and-Endive Salad with Creamy Lime Dressing

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup basil leaves packed
- 1 cup chive pieces packed
- 2 cups flat-leaf parsley packed
- 1 tablespoon juice of lime fresh
- 1 teaspoon lime zest finely grated
- 0.3 cup mayonnaise
- 0.5 cup mint leaves

- 6 servings sage blossoms for garnish optional
- 6 servings salt and pepper freshly ground
- 0.3 cup tarragon leaves
- 2 crosswise separated halved lengthwise sliced (1/)

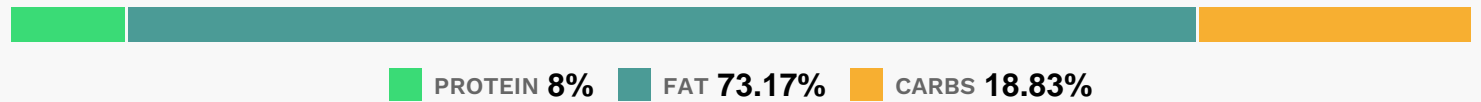
Equipment

- bowl

Directions

- In a small bowl, combine the mayonnaise with the lime juice and zest; season with salt and pepper. In a large bowl, mix the herbs with the endives.
- Add the dressing, toss and garnish with the chive blossoms; serve.

Nutrition Facts



Properties

Glycemic Index:49.83, Glycemic Load:0.95, Inflammation Score:-9, Nutrition Score:13.262608520039%

Flavonoids

Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 43.29mg, Apigenin: 43.29mg, Apigenin: 43.29mg, Apigenin: 43.29mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 2.97mg, Myricetin: 2.97mg, Myricetin: 2.97mg, Myricetin: 2.97mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 86.27kcal (4.31%), Fat: 7.42g (11.42%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 2.38g (0.87%), Sugar: 0.41g (0.45%), Cholesterol: 3.92mg (1.31%), Sodium: 267.51mg (11.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.65%), Vitamin K: 374.03µg (356.22%), Vitamin A: 2447.16IU (48.94%), Vitamin C: 34.79mg (42.17%), Manganese: 0.34mg (16.98%), Folate: 57.5µg (14.37%), Iron: 2.42mg (13.46%), Copper: 0.22mg (10.86%), Calcium: 79.08mg (7.91%), Potassium: 270.47mg (7.73%), Fiber: 1.92g (7.67%), Magnesium: 27.89mg (6.97%), Vitamin B6: 0.1mg (4.94%), Vitamin B2: 0.08mg (4.46%), Phosphorus:

34.07mg (3.41%), Vitamin E: 0.51mg (3.39%), Vitamin B3: 0.63mg (3.14%), Zinc: 0.45mg (3.03%), Vitamin B1:
0.04mg (2.99%), Vitamin B5: 0.17mg (1.68%)