



Insalata di Puntarelle



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 3 fillet anchovy dry rinsed
- ☐ 1.3 pounds belgian endive halved lengthwise cut lengthwise into thin strips
- ☐ 0.5 pound celery stalks cut into 4-inch lengths, then cut lengthwise into thin strips
- ☐ 1 pinch kosher salt
- ☐ 2 teaspoons dijon mustard
- ☐ 3 garlic clove chopped
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 tablespoon red wine vinegar

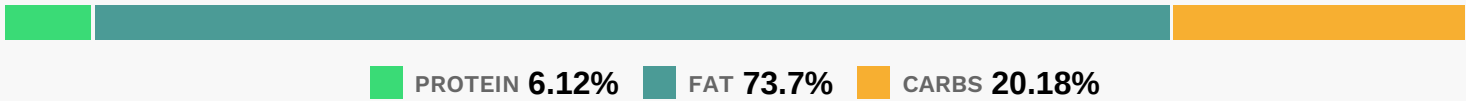
Equipment

- ☐ bowl
- ☐ whisk
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Mix garlic, anchovies, and salt in small bowl. Mash with back of wooden spoon or firm spatula until paste forms.
- ☐ Whisk in oil, vinegar, and mustard. Season dressing to taste with salt and generously with pepper.
- ☐ Place endive and celery in large bowl of ice water. Refrigerate 1 hour.
- ☐ Drain well.
- ☐ Place in clean bowl. Toss with anchovy dressing and serve.
- ☐ Market Tip
- ☐ Choose Belgian endive with tight firm heads and no brown edges. A newly available variety has petals with red-tinged edges that would look pretty in the salad. Use only the tender, crisp inner stalks from a bunch of celery

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:8.0434781287027%

Flavonoids

Apigenin: 1.63mg, Apigenin: 1.63mg, Apigenin: 1.63mg, Apigenin: 1.63mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 162.5kcal (8.13%), Fat: 13.99g (21.52%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 8.62g (2.87%), Net Carbohydrates: 2.87g (1.04%), Sugar: 0.82g (0.91%), Cholesterol: 1.8mg (0.6%), Sodium: 89.65mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.23%), Vitamin K: 24.82µg (23.64%), Fiber: 5.75g (23%), Folate: 76.87µg (19.22%), Vitamin E: 2.12mg (14.16%), Potassium: 492.31mg (14.07%), Manganese: 0.26mg (13.07%), Vitamin C: 6.72mg (8.15%), Vitamin B1: 0.12mg (7.77%), Vitamin B6: 0.14mg (6.97%), Phosphorus: 64.58mg (6.46%), Calcium: 61.83mg (6.18%), Magnesium: 24.5mg (6.12%), Vitamin A: 301.9IU (6.04%), Copper: 0.11mg (5.61%), Vitamin B2: 0.08mg (5%), Vitamin B3: 0.87mg (4.37%), Iron: 0.74mg (4.14%), Selenium: 2.79µg (3.99%), Vitamin B5: 0.4mg (3.99%), Zinc: 0.41mg (2.74%)