



Kale and Gorgonzola Salad

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



502 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 8 ounces double-smoked bacon cut into 1/3-inch pieces
- ☐ 1 head belgian endive shredded
- ☐ 1 pound brussels sprouts shredded trimmed finely
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup gorgonzola crumbled
- ☐ 1 bunch tuscan kale thinly sliced
- ☐ 4 servings kosher salt and pepper black freshly ground

- ☐ 0.3 cup juice of lemon fresh (1 large lemon)
- ☐ 0.3 cup olive oil extra-virgin

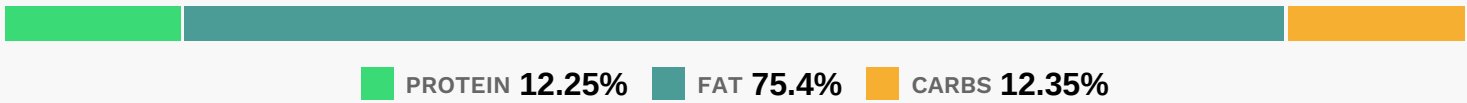
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ For the dressing: In a small bowl, whisk together the lemon juice, Dijon and olive oil until smooth. Season with salt and pepper.
- ☐ For the salad: In a medium saute pan over medium-high heat, cook the bacon until crisp. Using a slotted spoon, remove the crisped bacon onto a paper-towel-lined plate. Set aside to drain.
- ☐ Place the Brussels sprouts, kale, endive, bacon and almonds in a salad bowl.
- ☐ Add the dressing and toss together.
- ☐ Sprinkle with the cheese and serve.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:2.06, Inflammation Score:-10, Nutrition Score:29.440434813499%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 3.97mg, Naringenin: 3.97mg, Naringenin: 3.97mg, Naringenin: 3.97mg

Naringenin: 3.97mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 7.87mg, Isorhamnetin: 7.87mg, Isorhamnetin: 7.87mg, Isorhamnetin: 7.87mg Kaempferol: 16.22mg, Kaempferol: 16.22mg, Kaempferol: 16.22mg, Kaempferol: 16.22mg Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg

Nutrients (% of daily need)

Calories: 501.69kcal (25.08%), Fat: 43.54g (66.98%), Saturated Fat: 11.6g (72.51%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 8.79g (3.2%), Sugar: 3.57g (3.97%), Cholesterol: 44.48mg (14.83%), Sodium: 571.25mg (24.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.84%), Vitamin K: 336.04µg (320.04%), Vitamin C: 133.03mg (161.25%), Vitamin A: 4202.64IU (84.05%), Manganese: 0.82mg (41.1%), Vitamin E: 5.42mg (36.16%), Fiber: 7.24g (28.97%), Folate: 104.32µg (26.08%), Phosphorus: 259.96mg (26%), Vitamin B1: 0.39mg (25.89%), Vitamin B6: 0.49mg (24.43%), Selenium: 16.5µg (23.58%), Vitamin B2: 0.39mg (23.1%), Potassium: 797.54mg (22.79%), Calcium: 209.73mg (20.97%), Vitamin B3: 3.94mg (19.7%), Magnesium: 70.69mg (17.67%), Iron: 2.84mg (15.79%), Zinc: 1.82mg (12.11%), Copper: 0.22mg (10.82%), Vitamin B5: 0.95mg (9.45%), Vitamin B12: 0.4µg (6.64%), Vitamin D: 0.27µg (1.83%)