



WHATSheATE



Orange and Endive Salad with Maple Chipotle Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



159 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 large belgian endives ends trimmed
- ☐ 1 teaspoon chipotle chile in adobo plus adobo sauce canned chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 tablespoons grade b maple syrup dark
- ☐ 3 navel oranges
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup orange juice fresh

- ☐ 1 tablespoon onion red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sherry vinegar

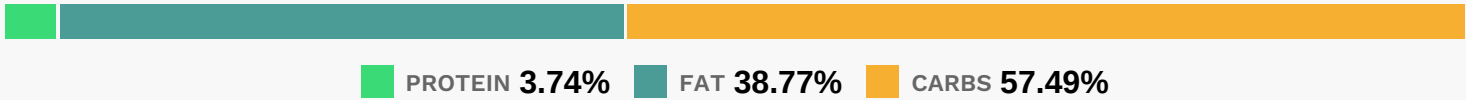
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk

Directions

- ☐ Whisk together orange juice, syrup, oil, vinegar, onion, lemon juice, chipotle with adobo sauce, and salt in a bowl until combined well.
- ☐ Remove peel and any white pith from oranges with a sharp knife.
- ☐ Cut oranges crosswise into 1/4-inch-thick slices. Separate endive leaves and arrange with oranges on a platter, then drizzle with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:3.33, Inflammation Score:-6, Nutrition Score:9.5691303766292%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 25mg, Hesperetin: 25mg, Hesperetin: 25mg, Hesperetin: 25mg Naringenin: 7.8mg, Naringenin: 7.8mg, Naringenin: 7.8mg, Naringenin: 7.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 159.14kcal (7.96%), Fat: 7.25g (11.15%), Saturated Fat: 1g (6.26%), Carbohydrates: 24.18g (8.06%), Net Carbohydrates: 20.02g (7.28%), Sugar: 16.44g (18.27%), Cholesterol: 0mg (0%), Sodium: 294.42mg (12.8%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.15%), Vitamin C: 71.98mg (87.24%), Fiber: 4.16g (16.62%), Manganese: 0.32mg (16.07%), Folate: 60.69µg (15.17%), Vitamin B2: 0.2mg (11.79%), Potassium: 346.16mg (9.89%), Vitamin B1: 0.13mg (8.42%), Vitamin E: 1.17mg (7.83%), Calcium: 68.95mg (6.89%), Vitamin A: 305.91IU (6.12%), Vitamin B6: 0.12mg (5.75%), Magnesium: 21.14mg (5.28%), Phosphorus: 41.69mg (4.17%), Vitamin K: 4.24µg (4.04%), Vitamin B5: 0.39mg (3.85%), Copper: 0.08mg (3.83%), Vitamin B3: 0.61mg (3.03%), Iron: 0.4mg (2.22%), Zinc: 0.25mg (1.69%)