



Orange, Date, and Endive Salad with Lemon-Cardamom Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 belgian endive leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups blood orange sections
- ☐ 5 dates whole pitted thinly sliced
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 4 teaspoons mint leaves fresh chopped

- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 cup buttermilk low-fat
- ☐ 1 cup thinly onion red vertically sliced
- ☐ 1 cup radishes thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon cardamom seeds toasted

Equipment

Directions

- ☐ To prepare dressing, place cardamom in a spice or coffee grinder; process until finely ground.
- ☐ Combine the cardamom, buttermilk, and next 5 ingredients (buttermilk through pepper).
- ☐ To prepare salad, arrange 3 endive leaves on each of 4 salad plates. Top each with 3/4 cup orange sections, 1/4 cup radish, 1/4 cup onion, 2 tablespoons dates, and 1 teaspoon mint.
- ☐ Drizzle each serving with 1 tablespoon dressing.

Nutrition Facts



Properties

Glycemic Index:46.38, Glycemic Load:9.45, Inflammation Score:-8, Nutrition Score:14.196956512721%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 36.8mg, Hesperetin: 36.8mg, Hesperetin: 36.8mg, Hesperetin: 36.8mg Naringenin: 20.68mg, Naringenin: 20.68mg, Naringenin: 20.68mg, Naringenin: 20.68mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg

Nutrients (% of daily need)

Calories: 177.09kcal (8.85%), Fat: 4.39g (6.76%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 34.53g (11.51%), Net Carbohydrates: 24.37g (8.86%), Sugar: 21.16g (23.51%), Cholesterol: 0.6mg (0.2%), Sodium: 183.98mg (8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.43%), Vitamin C: 84.4mg (102.31%), Fiber: 10.17g (40.68%), Folate: 116.85µg (29.21%), Potassium: 789.24mg (22.55%), Vitamin B1: 0.25mg (16.54%), Manganese: 0.31mg (15.28%), Calcium: 123.19mg (12.32%), Vitamin B6: 0.24mg (11.87%), Magnesium: 42.13mg (10.53%), Copper: 0.19mg (9.72%), Phosphorus: 96.78mg (9.68%), Vitamin B2: 0.15mg (8.76%), Vitamin B5: 0.76mg (7.62%), Vitamin A: 367.92IU (7.36%), Vitamin E: 0.77mg (5.13%), Iron: 0.84mg (4.67%), Vitamin B3: 0.88mg (4.4%), Zinc: 0.59mg (3.94%), Vitamin K: 3.1µg (2.95%), Selenium: 1.94µg (2.77%)