



Orange Endive Salad with Chicken Confit

 **Gluten Free**

READY IN



20 min.

SERVINGS



4

CALORIES



2012 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 firm-ripe avocado
- 1 head belgian endive red yellow separated
- 2 blood oranges
- 0.3 cup canola oil
- 4 chicken confit legs whole crisp (legs)
- 4 ounces goat cheese fresh
- 0.5 teaspoon kosher salt
- 0.3 cup orange marmalade

- 0.1 teaspoon pepper
- 4 servings salad
- 0.3 cup white wine fruity such as riesling
- 4 servings balsamic vinaigrette salad dressing
- 1 bunch watercress

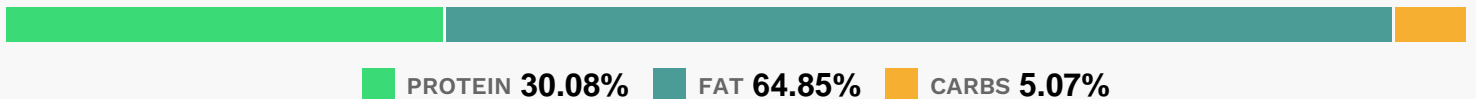
Equipment

- knife
- blender

Directions

- Make vinaigrette: In a blender, whirl marmalade and verjus together. With blender running, drizzle in oil; add salt and pepper. Chill until ready to use. "This dressing keeps for 3 weeks at least, because there's nothing in it that will change flavor, like garlic or fresh herbs or shallots."
- Make salad: With a sharp knife, slice peel and pith from oranges, cut them crosswise into wheels, and remove seeds. Slice avocado and season with salt and pepper. "People don't season their salads enough. The ingredients need salt too, especially the watery ones." Toss endive and watercress with about 1/4 cup dressing.
- Arrange oranges, avocados, and salad to one side of 4 rectangular plates. Set a chicken leg on each plate, next to salad. Crumble about 1 oz. of cheese onto each salad, and drizzle with about 1 tbsp. more dressing.
- *Find verjus (unfermented grape juice) at well-stocked grocery stores or online.

Nutrition Facts



Properties

Glycemic Index:40.38, Glycemic Load:0.71, Inflammation Score:-9, Nutrition Score:49.303912950599%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg

Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 1.83mg, Hesperetin: 1.83mg, Hesperetin: 1.83mg, Hesperetin: 1.83mg Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 2011.73kcal (100.59%), Fat: 142.64g (219.45%), Saturated Fat: 39.17g (244.79%), Carbohydrates: 25.09g (8.36%), Net Carbohydrates: 20.92g (7.61%), Sugar: 17.37g (19.3%), Cholesterol: 584.36mg (194.79%), Sodium: 960.69mg (41.77%), Alcohol: 1.54g (100%), Alcohol %: 0.2% (100%), Protein: 148.86g (297.73%), Vitamin B3: 53.11mg (265.53%), Selenium: 111.16µg (158.8%), Vitamin B6: 2.93mg (146.42%), Phosphorus: 1246.06mg (124.61%), Vitamin B5: 7.94mg (79.37%), Zinc: 10.71mg (71.39%), Vitamin B2: 1.13mg (66.46%), Potassium: 1841.44mg (52.61%), Vitamin K: 49.25µg (46.9%), Magnesium: 181.3mg (45.32%), Iron: 8.06mg (44.79%), Vitamin A: 2121.86IU (42.44%), Vitamin C: 34.29mg (41.56%), Vitamin B12: 2.42µg (40.26%), Vitamin E: 5.96mg (39.76%), Copper: 0.73mg (36.44%), Vitamin B1: 0.54mg (36.28%), Folate: 114.59µg (28.65%), Manganese: 0.37mg (18.25%), Fiber: 4.17g (16.67%), Calcium: 159.27mg (15.93%), Vitamin D: 1.64µg (10.91%)