



Provencal Endive Salad



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



79 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 heads belgian endive
- ☐ 2 Tbsp olive oil extra virgin
- ☐ 2 teaspoons sherry vinegar
- ☐ 0.3 teaspoon garlic fresh finely minced
- ☐ 6 fillet oil-packed anchovy salted jarred canned to taste (or)
- ☐ 0.5 teaspoon salt
- ☐ 1 pinch pepper black freshly ground

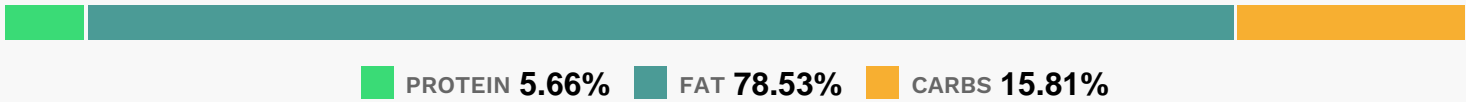
Equipment

☐ bowl

Directions

- ☐ Make the dressing: In a large serving bowl, stir the minced garlic into the olive oil. Roughly chop the anchovy fillets and add them to the oil.
- ☐ Add the salt and pepper and the sherry vinegar.
- ☐ Let the dressing sit and the oil infuse while you prep the endives (about 5 minutes).
- ☐ Prep the endives: Strip off and discard any outer tired leaves from the endives.
- ☐ Cut off and discard the hard root end of the endives.
- ☐ Slice the endives crosswise into 1-inch wide pieces.
- ☐ Cut the core end, if thick, into halves or quarters.
- ☐ Toss endive with dressing:
- ☐ Add the chopped endive leaves to the serving bowl with the dressing, and toss gently until all of the endive leaves are lightly coated in the dressing.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.8195651951044%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 79.18kcal (3.96%), Fat: 7.2g (11.08%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0g (0%), Cholesterol: 0.27mg (0.09%), Sodium: 298.89mg (13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Fiber: 2.47g (9.9%), Folate: 29.5µg (7.37%), Vitamin E: 1.02mg (6.81%), Potassium: 173.04mg (4.94%), Vitamin K: 4.92µg (4.68%), Manganese: 0.09mg (4.4%), Vitamin B1: 0.05mg (3.35%), Vitamin C: 2.3mg (2.78%), Phosphorus: 25.86mg (2.59%), Copper: 0.04mg (2.15%), Magnesium: 8.61mg (2.15%), Selenium: 1.33µg (1.9%), Vitamin B6: 0.04mg (1.87%), Calcium: 16.15mg (1.62%), Vitamin B3: 0.31mg (1.57%), Iron: 0.27mg (1.5%), Vitamin B2: 0.02mg (1.38%), Vitamin B5: 0.12mg (1.22%)