



Red and White Endive Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



142 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound belgian endives white red separated (preferably half and half)
- ☐ 1.5 tablespoons champagne vinegar
- ☐ 1 tablespoon chives finely chopped
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1.5 tablespoons flat-leaf parsley finely chopped
- ☐ 0.3 cup olive oil french extra-virgin (preferably or mild)
- ☐ 2 teaspoons shallots finely chopped

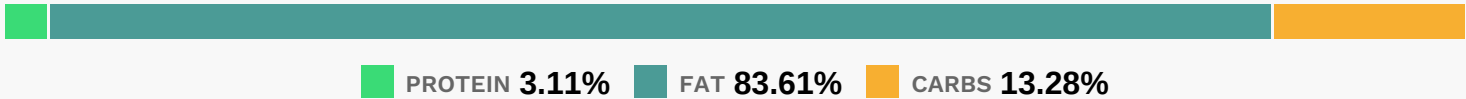
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Whisk together vinegar, shallot, mustard, 1/4 teaspoon salt, and 1/8 teaspoon pepper in a large bowl, then add oil in a slow stream, whisking until combined.
- ☐ Just before serving, add endives and herbs, tossing to coat.
- ☐ Endives can be washed and dried 1 day ahead and chilled in sealed bags lined with paper towels.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:5.4634782257287%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 141.55kcal (7.08%), Fat: 13.65g (21%), Saturated Fat: 1.89g (11.84%), Carbohydrates: 4.88g (1.63%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.11g (0.13%), Cholesterol: 0mg (0%), Sodium: 10.85mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.29%), Vitamin K: 34.34µg (32.71%), Fiber: 3.64g (14.57%), Vitamin E: 1.96mg (13.06%), Folate: 45.41µg (11.35%), Potassium: 256.41mg (7.33%), Vitamin C: 5.72mg (6.93%), Manganese: 0.13mg (6.34%), Vitamin B1: 0.07mg (4.93%), Vitamin A: 192.38IU (3.85%), Magnesium: 13.14mg (3.28%), Phosphorus: 32.51mg (3.25%), Copper: 0.06mg (3.16%), Iron: 0.5mg (2.78%), Vitamin B6: 0.05mg (2.69%), Calcium: 25.54mg (2.55%), Vitamin B2: 0.03mg (1.97%), Vitamin B5: 0.18mg (1.78%), Zinc: 0.21mg (1.41%), Vitamin B3: 0.21mg (1.06%)