



Red Endive and Watercress Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



6

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 lb belgian endives (4 large)
- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon cider vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 teaspoon thyme leaves fresh finely chopped
- ☐ 0.3 teaspoon garlic minced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 oz radicchio di treviso red

- ☐ 0.3 teaspoon salt
- ☐ 2 ounces watercress sprigs loosely packed

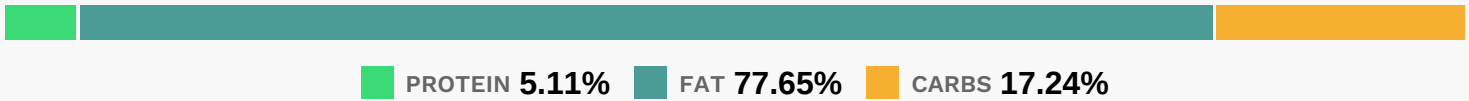
Equipment

- ☐ bowl
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Whisk together vinegar, mustard, thyme, garlic, salt, and pepper in a large salad bowl until combined, then add oil in a slow stream, whisking until emulsified. Cover vinaigrette and let stand 1 hour.
- ☐ Add salad greens to vinaigrette and toss to coat.
- ☐ · Greens can be washed, dried, and cut 4 hours ahead and chilled in a sealed plastic bag.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:8.8099998391193%

Flavonoids

Cyanidin: 36mg, Cyanidin: 36mg, Cyanidin: 36mg, Cyanidin: 36mg Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 10.86mg, Luteolin: 10.86mg, Luteolin: 10.86mg, Luteolin: 10.86mg Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.77mg, Quercetin: 11.77mg, Quercetin: 11.77mg, Quercetin: 11.77mg

Nutrients (% of daily need)

Calories: 101.46kcal (5.07%), Fat: 9.19g (14.14%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 1.87g (0.68%), Sugar: 0.21g (0.24%), Cholesterol: 0mg (0%), Sodium: 118.03mg (5.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin K: 101.42µg (96.59%), Vitamin E: 2.03mg (13.56%), Folate: 45.98µg (11.49%), Fiber: 2.72g (10.87%), Vitamin C: 8.76mg (10.61%), Potassium: 281.57mg (8.04%), Manganese: 0.16mg (7.9%), Copper: 0.15mg (7.26%), Vitamin A: 339.87IU (6.8%), Vitamin B1: 0.06mg (4.12%), Phosphorus: 38.2mg (3.82%), Magnesium: 14.13mg (3.53%), Calcium: 33.03mg (3.3%), Vitamin B6: 0.06mg (3.15%),

Iron: 0.47mg (2.59%), Vitamin B2: 0.04mg (2.43%), Vitamin B5: 0.22mg (2.2%), Zinc: 0.32mg (2.12%), Selenium:
0.8µg (1.14%), Vitamin B3: 0.22mg (1.11%)