



 **100%**  
HEALTH SCORE

## Roasted Endive Salad With Prosciutto, Figs and Pistachios

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**388 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 heads endive green red (, or both)
- 0.3 cup roasted garlic such as roasted garlic olive
- 2 slices pancetta
- 1 cup figs dried sliced
- 0.5 cup pistachios
- 0.3 cup honey organic

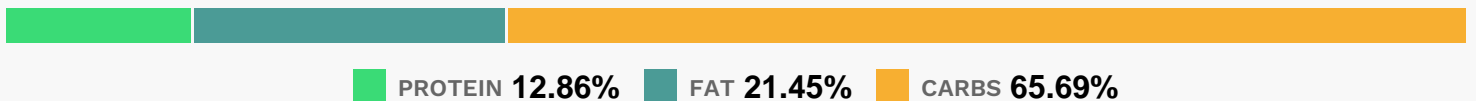
### Equipment

- frying pan
- baking sheet
- paper towels
- oven
- aluminum foil
- toaster

## Directions

- Preheat your oven (\*ding, this is a great toaster oven candidate) to 350F. Line a rimmed baking sheet with aluminum foil.
- Wash the endive and remove any unsightly outer leaves. Slice each endive head in half from the stem to the tip. Arrange the endive cut side up on the foil-lined baking sheet. Coat the endive generously with olive oil.
- Bake at 350F for 30 minutes, or until the outer edges are golden brown.
- Meanwhile, fry the prosciutto in a skillet until crispy.
- Drain onto paper towels, then crumble the prosciutto and set it aside.
- When the endive is done roasting, arrange three pieces on a plate alongside a handful of sliced dried figs and pistachio nuts.
- Drizzle a spoonful of honey over the plate, then sprinkle the endive with about 1/4th of the crumbled prosciutto.

## Nutrition Facts



## Properties

Glycemic Index:44.07, Glycemic Load:17.38, Inflammation Score:-10, Nutrition Score:47.740434782609%

## Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 68.2mg, Kaempferol: 68.2mg, Kaempferol: 68.2mg, Kaempferol: 68.2mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Taste

Sweetness: 26.31%, Saltiness: 100%, Sourness: 45.83%, Bitterness: 86.25%, Savoriness: 43.61%, Fattiness: 45.23%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 387.67kcal (19.38%), Fat: 10.3g (15.85%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 70.97g (23.66%), Net Carbohydrates: 44.59g (16.21%), Sugar: 38.19g (42.43%), Cholesterol: 2.64mg (0.88%), Sodium: 181.15mg (7.88%), Protein: 13.89g (27.78%), Vitamin K: 1565.21µg (1490.67%), Vitamin A: 14697.03IU (293.94%), Folate: 970.37µg (242.59%), Manganese: 3.37mg (168.45%), Fiber: 26.38g (105.52%), Potassium: 2583.42mg (73.81%), Vitamin B5: 6.4mg (64.04%), Vitamin C: 47.94mg (58.11%), Copper: 1.01mg (50.49%), Vitamin B1: 0.73mg (48.9%), Calcium: 444.35mg (44.43%), Zinc: 6.11mg (40.73%), Iron: 7.21mg (40.06%), Magnesium: 148.21mg (37.05%), Vitamin B2: 0.58mg (34.24%), Phosphorus: 308.91mg (30.89%), Vitamin B6: 0.56mg (27.85%), Vitamin E: 3.48mg (23.21%), Vitamin B3: 3.38mg (16.88%), Selenium: 4.83µg (6.9%)