



Salad of Winter Greens

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



8

CALORIES



196 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 medium apples washed cut into 1/ slices (McIntosh, if available)
- ☐ 1 head arugula leaves washed and dried
- ☐ 1 tablespoon bourbon
- ☐ 1 head chicory washed and dried
- ☐ 3 tablespoons cider vinegar
- ☐ 2 heads endive halved lengthwise
- ☐ 1 head escarole leaves washed and dried
- ☐ 8 servings kosher salt

- ☐ 0.8 cup olive oil extra-virgin
- ☐ 0.8 cup pecan halves
- ☐ 8 servings freshly cracked pepper black
- ☐ 2 heads radicchio thinly washed and dried

Equipment

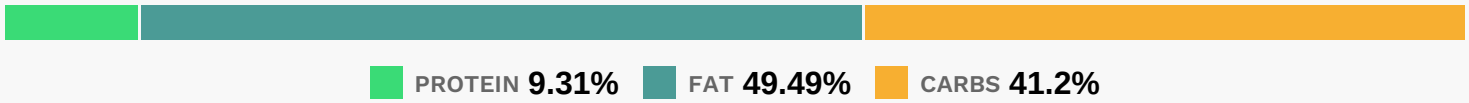
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mortar and pestle

Directions

- ☐ Watch how to make this recipe.
- ☐ My favorite thing about this recipe is putting the salad into the oven and lightly wilting it just before serving. A simple touch that makes the flavors more intense and the texture more inviting. Other simple touches that make the difference? Taking care that all the greens are thoroughly washed and dried. A mouthful with grit or excess moisture that dilutes the flavors of the dressing can make a great salad less than perfect.
- ☐ Preheat the oven to 300 degrees F.
- ☐ In a medium bowl, add the bourbon and the apple slices. Season with salt and black pepper and stir to combine. Set aside.
- ☐ Make the dressing: In a large bowl, or with a mortar and pestle, lightly crush the pecans until they are in small pieces and season with salt.
- ☐ Add the olive oil and whisk with the nuts to make a paste-like mixture. Stir in the cider vinegar and some black pepper. Set aside.
- ☐ When ready to serve, add the greens to a large bowl and stir in the dressing. Toss to coat the greens with the dressing.
- ☐ Transfer the salad to a platter (or individual plates).
- ☐ Put the platter in the oven with the door ajar until the greens wilt ever so slightly, about 1 to 2 minutes.

- ☐
- Remove from the oven and top with the apple slices. Cook's Note: if there is any excess bourbon, leave it behind in the bowl as you top the salad with the apples.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:2.82, Inflammation Score:-10, Nutrition Score:28.663913187773%

Flavonoids

Cyanidin: 90.96mg, Cyanidin: 90.96mg, Cyanidin: 90.96mg, Cyanidin: 90.96mg Delphinidin: 6.05mg, Delphinidin: 6.05mg, Delphinidin: 6.05mg, Delphinidin: 6.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 5.22mg, Epicatechin: 5.22mg, Epicatechin: 5.22mg, Epicatechin: 5.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 26.69mg, Luteolin: 26.69mg, Luteolin: 26.69mg, Luteolin: 26.69mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 22.86mg, Kaempferol: 22.86mg, Kaempferol: 22.86mg, Kaempferol: 22.86mg Quercetin: 24.8mg, Quercetin: 24.8mg, Quercetin: 24.8mg, Quercetin: 24.8mg

Nutrients (% of daily need)

Calories: 195.57kcal (9.78%), Fat: 11.48g (17.66%), Saturated Fat: 1.3g (8.14%), Carbohydrates: 21.5g (7.17%), Net Carbohydrates: 11.34g (4.12%), Sugar: 8.47g (9.42%), Cholesterol: 0mg (0%), Sodium: 259.81mg (11.3%), Alcohol: 0.63g (100%), Alcohol %: 0.2% (100%), Protein: 4.86g (9.71%), Vitamin K: 702.81µg (669.35%), Vitamin A: 4940.22IU (98.8%), Folate: 365.73µg (91.43%), Manganese: 1.51mg (75.56%), Fiber: 10.16g (40.65%), Copper: 0.59mg (29.68%), Potassium: 1035mg (29.57%), Vitamin C: 23.49mg (28.47%), Vitamin B5: 2.34mg (23.37%), Vitamin E: 3.41mg (22.73%), Zinc: 2.66mg (17.76%), Vitamin B1: 0.26mg (17.62%), Iron: 2.63mg (14.62%), Magnesium: 58.01mg (14.5%), Calcium: 142.09mg (14.21%), Vitamin B2: 0.22mg (12.85%), Phosphorus: 124.96mg (12.5%), Vitamin B6: 0.13mg (6.64%), Vitamin B3: 1.25mg (6.25%), Selenium: 1.44µg (2.06%)