



Warm Buckwheat Salad with Roasted Shallots, Apples, and Frisée



Vegetarian



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



3

CALORIES



516 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup coarsely cracked buckwheat groats (kasha)
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 1 cup frisée lettuce pieces
- ☐ 2 tart-sweet apples such as gala cored cut into 1/2-in. wedges
- ☐ 1 teaspoon honey
- ☐ 1 teaspoon kosher salt divided

- ☐ 5 tablespoons olive oil divided
- ☐ 1 teaspoon pepper divided
- ☐ 5 large shallots peeled quartered
- ☐ 3 tablespoons sherry vinegar

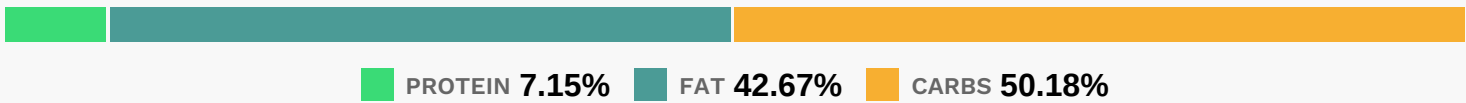
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring 2 cups water to a boil in a medium pot.
- ☐ Add buckwheat, cover, and reduce heat to low. Cook until water is absorbed, about 10 minutes. Set aside.
- ☐ Preheat oven to 42
- ☐ Toss shallots and apples with 1/2 tsp. each salt and pepper and 1 tbsp. oil, spread on a baking sheet, and roast, stirring occasionally, until apples are golden and barely tender and shallots are lightly caramelized, 12 to 15 minutes.
- ☐ Whisk together remaining 4 tbsp. oil, remaining 1/2 tsp. each salt and pepper, the vinegar, mustard, and honey in a large bowl.
- ☐ Add reserved buckwheat, warm apples and shallots, frise, and parsley and toss gently.
- ☐ *Find in the international aisle with the Eastern European ingredients.

Nutrition Facts



Properties

Glycemic Index:87.42, Glycemic Load:25.45, Inflammation Score:-9, Nutrition Score:24.423478002134%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Apigenin: 21.7mg, Apigenin: 21.7mg, Apigenin: 21.7mg, Apigenin: 21.7mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg Quercetin: 14.69mg, Quercetin: 14.69mg, Quercetin: 14.69mg, Quercetin: 14.69mg

Nutrients (% of daily need)

Calories: 515.83kcal (25.79%), Fat: 25.83g (39.73%), Saturated Fat: 3.73g (23.3%), Carbohydrates: 68.33g (22.78%), Net Carbohydrates: 57.03g (20.74%), Sugar: 18.09g (20.1%), Cholesterol: 0mg (0%), Sodium: 851.93mg (37.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.74g (19.48%), Vitamin K: 231.82µg (220.78%), Manganese: 1.1mg (55.25%), Fiber: 11.3g (45.19%), Magnesium: 159.92mg (39.98%), Copper: 0.77mg (38.62%), Vitamin A: 1869.62IU (37.39%), Vitamin C: 26.32mg (31.9%), Vitamin E: 4.07mg (27.14%), Phosphorus: 256.36mg (25.64%), Vitamin B3: 4.42mg (22.12%), Potassium: 678.88mg (19.4%), Vitamin B2: 0.31mg (18.39%), Vitamin B6: 0.34mg (17.25%), Folate: 68.85µg (17.21%), Iron: 3.02mg (16.78%), Zinc: 1.8mg (12.03%), Vitamin B5: 1.15mg (11.53%), Selenium: 7.02µg (10.02%), Vitamin B1: 0.13mg (8.78%), Calcium: 71.22mg (7.12%)