



Warm Chestnut and Apple Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



446 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups arugula packed ()
- ☐ 1.5 cups honey steamed coarsely chopped (from two 7.25-ounce jars)
- ☐ 6 cups coarsely torn curly endive packed ()
- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.8 cup shallots thinly sliced
- ☐ 20.5 tablespoons walnut oil

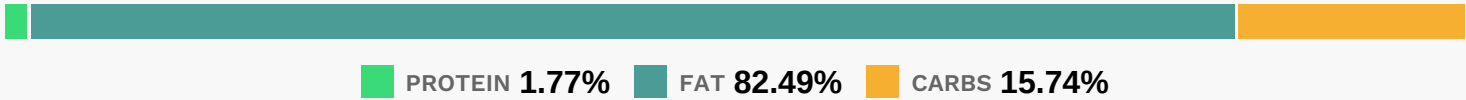
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ kitchen towels

Directions

- ☐ Toss arugula and endive in large bowl. (Can be prepared 6 hours ahead. Cover with damp kitchen towel; chill.)
- ☐ Heat 1 1/2 tablespoons olive oil in large skillet over medium-high heat.
- ☐ Add apples and shallots; sauté 5 minutes.
- ☐ Add chestnuts; sauté 1 minute. Stir in vinegar, scraping up any browned bits.
- ☐ Remove from heat; stir in walnut oil and remaining 1 1/2 tablespoons olive oil. Season with salt and pepper.
- ☐ Pour chestnut mixture over arugula mixture; toss. Divide salad among 8 plates.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:7.4, Inflammation Score:-9, Nutrition Score:14.06869570587%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 6.15mg, Kaempferol: 6.15mg, Kaempferol: 6.15mg, Kaempferol: 6.15mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 445.51kcal (22.28%), Fat: 41.69g (64.14%), Saturated Fat: 4.1g (25.6%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 15.44g (5.62%), Sugar: 2.32g (2.57%), Cholesterol: 0mg (0%), Sodium: 24.68mg (1.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin K: 136.67µg (130.16%), Vitamin A: 2507.68IU (50.15%), Vitamin C: 23.83mg (28.89%), Folate: 78.89µg (19.72%), Manganese: 0.37mg (18.32%), Copper: 0.25mg (12.71%), Vitamin E: 1.82mg (12.14%), Potassium: 418.95mg (11.97%), Vitamin B6: 0.22mg (11.06%), Fiber: 2.45g (9.8%), Magnesium: 31.23mg (7.81%), Calcium: 75.19mg (7.52%), Vitamin B5: 0.69mg (6.92%), Iron: 1.13mg (6.27%), Vitamin B1: 0.08mg (5.4%), Phosphorus: 49.37mg (4.94%), Vitamin B2: 0.06mg (3.48%), Zinc: 0.45mg (3%), Vitamin B3: 0.57mg (2.87%)