



Watercress Salad with Port-Braised Figs and Pickled Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



313 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 heads belgian endive trimmed
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 pound figs dried black halved
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 750 ml port wine
- ☐ 2 cups onion red thinly sliced
- ☐ 2 tablespoons red wine vinegar

- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon sugar
- ☐ 0.3 cup vegetable oil
- ☐ 8 cups watercress thick
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

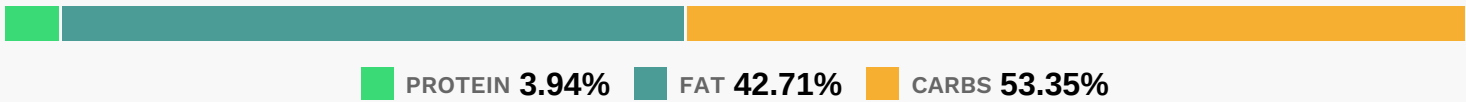
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Heat oil in large nonstick skillet over medium heat.
- ☐ Add onion and stir 1 minute to coat with oil.
- ☐ Add vinegar and sugar and stir until onion begins to soften slightly, about 3 minutes.
- ☐ Transfer onion to baking sheet or platter; spread in single layer.
- ☐ Sprinkle with salt. Cover and chill at least 8 hours or overnight (onion will turn pink). DO AHEAD: Can be made 2 days ahead. Keep chilled.
- ☐ Whisk red wine vinegar, 1/4 teaspoon salt, 1/8 teaspoon freshly ground black pepper, and sugar in small bowl. Gradually whisk in both oils. DO AHEAD: Vinaigrette can be made 1 day ahead. Cover and refrigerate. Bring to room temperature and rewhisk before using.
- ☐ Combine Port and figs in large saucepan. Bring to boil. Reduce heat to medium-low and simmer until figs are plump and tender, about 30 minutes. Using slotted spoon, transfer figs to small bowl. Increase heat to medium-high and boil Port syrup until thickened and reduced to 6 tablespoons, about 8 minutes.
- ☐ Transfer syrup to another small bowl. DO AHEAD: Can be made 2 days ahead. Cover figs and Port syrup separately and chill.
- ☐ Combine endive, and pickled onion

- ☐ Toss salad with vinaigrette
- ☐ Port syrup over eachsalad among plates.
- ☐ Sprinklesalads and serve.

Nutrition Facts



Properties

Glycemic Index:27.76, Glycemic Load:6.6, Inflammation Score:-9, Nutrition Score:12.074347708536%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg Delphinidin: 3.71mg, Delphinidin: 3.71mg, Delphinidin: 3.71mg, Delphinidin: 3.71mg Malvidin: 90.19mg, Malvidin: 90.19mg, Malvidin: 90.19mg, Malvidin: 90.19mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 3.74mg, Peonidin: 3.74mg, Peonidin: 3.74mg, Peonidin: 3.74mg Catechin: 10.28mg, Catechin: 10.28mg, Catechin: 10.28mg, Catechin: 10.28mg Epicatechin: 7.47mg, Epicatechin: 7.47mg, Epicatechin: 7.47mg, Epicatechin: 7.47mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 8.09mg, Kaempferol: 8.09mg, Kaempferol: 8.09mg, Kaempferol: 8.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 23.26mg, Quercetin: 23.26mg, Quercetin: 23.26mg, Quercetin: 23.26mg

Nutrients (% of daily need)

Calories: 313.17kcal (15.66%), Fat: 10.6g (16.3%), Saturated Fat: 1.59g (9.95%), Carbohydrates: 29.78g (9.93%), Net Carbohydrates: 26.04g (9.47%), Sugar: 18.47g (20.52%), Cholesterol: 0mg (0%), Sodium: 98.66mg (4.29%), Alcohol: 14.55g (100%), Alcohol %: 6.55% (100%), Protein: 2.2g (4.4%), Vitamin K: 102.51µg (97.63%), Vitamin C: 19.86mg (24.07%), Vitamin A: 1177.95IU (23.56%), Manganese: 0.37mg (18.34%), Fiber: 3.73g (14.94%), Potassium: 476.17mg (13.6%), Vitamin E: 1.47mg (9.81%), Vitamin B6: 0.17mg (8.64%), Calcium: 85.56mg (8.56%), Magnesium: 33.59mg (8.4%), Vitamin B1: 0.12mg (8.32%), Copper: 0.15mg (7.28%), Folate: 28.77µg (7.19%), Vitamin B2: 0.11mg (6.35%), Phosphorus: 59.33mg (5.93%), Vitamin B5: 0.41mg (4.13%), Iron: 0.74mg (4.09%), Vitamin B3: 0.61mg (3.04%), Zinc: 0.32mg (2.15%), Selenium: 1.18µg (1.68%)