

 **100%**
HEALTH SCORE

White Salad with Castelmagno Cheese

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



1466 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 large head belgian endive white thinly sliced lengthwise quartered
- 0.3 medium head cauliflower trimmed thinly sliced lengthwise
- 0.3 large celery root peeled thinly sliced
- 5 tablespoons champagne vinegar
- 7 ounces cheese blue divided crumbled (1 scant cup)
- 1 small fennel bulb cored halved thinly sliced
- 2 medium sunchokes peeled thinly sliced
- 1 medium leek white halved thinly sliced (part only)

- 0.5 cup olive oil extra virgin extra-virgin
- 1 large parsnips peeled thinly sliced
- 1 small turnip halved thinly sliced

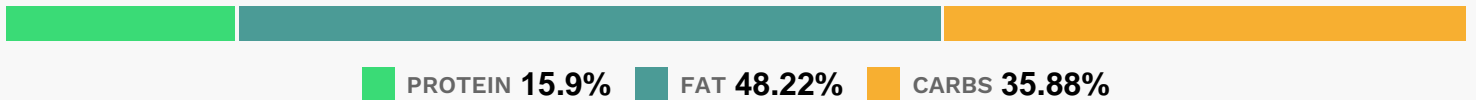
Equipment

- bowl
- blender

Directions

- Puree 1/2 cup cheese and vinegar in blender until smooth. With machine running, gradually add oil. Season dressing to taste with salt and pepper.
- Mix parsnip and all remaining ingredients in large bowl.
- Pour dressing over; toss to coat.
- Sprinkle remaining cheese atop salad.
- *A mild cow's-milk blue cheese from the Piedmont region of Italy.

Nutrition Facts



Properties

Glycemic Index:328, Glycemic Load:40.37, Inflammation Score:-10, Nutrition Score:71.929130367611%

Flavonoids

Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 1465.95kcal (73.3%), Fat: 80.78g (124.28%), Saturated Fat: 40.75g (254.68%), Carbohydrates: 135.23g (45.08%), Net Carbohydrates: 106.15g (38.6%), Sugar: 53.34g (59.27%), Cholesterol: 148.84mg (49.61%), Sodium: 2701.34mg (117.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.94g (119.88%), Vitamin K: 330.65µg (314.9%), Vitamin C: 172.31mg (208.86%), Phosphorus: 1512.24mg (151.22%), Calcium: 1441.19mg (144.12%),

Potassium: 4491.59mg (128.33%), Manganese: 2.56mg (128.16%), Fiber: 29.09g (116.35%), Folate: 452.41µg (113.1%), Iron: 16.32mg (90.67%), Vitamin B6: 1.59mg (79.66%), Vitamin B5: 7.77mg (77.75%), Vitamin B2: 1.31mg (76.89%), Vitamin A: 3377.91IU (67.56%), Magnesium: 267.89mg (66.97%), Vitamin B1: 1mg (66.42%), Vitamin E: 9.3mg (61.98%), Copper: 1.14mg (57.06%), Zinc: 8.27mg (55.14%), Selenium: 38.42µg (54.88%), Vitamin B3: 10.49mg (52.43%), Vitamin B12: 2.42µg (40.35%), Vitamin D: 0.99µg (6.61%)