



Whole Roasted Endives with Pear, Arugula, and Walnut Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 1 cup apple cider
- ☐ 4 cups arugula
- ☐ 1 small bay leaf
- ☐ 4 heads belgian endive halved lengthwise
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 large bosc pear cored ripe thinly sliced
- ☐ 1 stick cinnamon (2-inch)

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil toasted
- ☐ 1 teaspoon olive oil
- ☐ 0.4 teaspoon salt divided
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup walnuts toasted chopped

Equipment

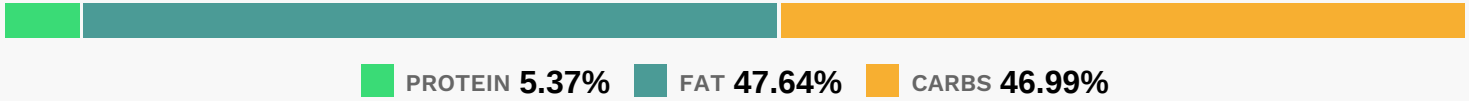
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ broiler

Directions

- ☐ Preheat oven to 450
- ☐ Combine first 5 ingredients in a small saucepan; bring to a boil. Cook until reduced to 1/3 cup (about 20 minutes). Strain cider mixture through a sieve into a bowl; discard solids.
- ☐ Brush olive oil on a baking sheet; arrange endive halves, cut side down, on prepared pan.
- ☐ Brush 2 tablespoons cider mixture over endive; sprinkle with 1/8 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Bake at 450 for 10 minutes.
- ☐ Remove from oven; turn endive halves over.
- ☐ Brush cut sides with 2 tablespoons cider mixture.
- ☐ Preheat broiler.
- ☐ Broil endive 4 minutes or until edges begin to brown.

- ☐ Combine remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, remaining cidermixture, lemon juice, and walnut oil in a large bowl, stirring with a whisk.
- ☐ Add arugula, walnuts, and pear, tossing to coat. Arrange 2 endive halves on each of 4 salad plates, and top each serving with 1 1/2 cups arugula mixture.

Nutrition Facts



Properties

Glycemic Index:59.15, Glycemic Load:6.2, Inflammation Score:-6, Nutrition Score:8.039999967036%

Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 4.94mg, Epicatechin: 4.94mg, Epicatechin: 4.94mg, Epicatechin: 4.94mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 169.07kcal (8.45%), Fat: 9.64g (14.84%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 21.4g (7.13%), Net Carbohydrates: 16.5g (6%), Sugar: 13g (14.44%), Cholesterol: 0mg (0%), Sodium: 227.77mg (9.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.89%), Manganese: 0.63mg (31.3%), Vitamin K: 26.34µg (25.08%), Fiber: 4.9g (19.6%), Folate: 51.09µg (12.77%), Vitamin C: 9.08mg (11%), Copper: 0.22mg (11%), Vitamin A: 512.12IU (10.24%), Potassium: 355.33mg (10.15%), Magnesium: 34.44mg (8.61%), Calcium: 69.59mg (6.96%), Phosphorus: 61.79mg (6.18%), Vitamin B1: 0.09mg (5.82%), Vitamin B6: 0.11mg (5.38%), Iron: 0.93mg (5.14%), Vitamin B2: 0.07mg (4.07%), Zinc: 0.5mg (3.31%), Vitamin B5: 0.27mg (2.75%), Vitamin E: 0.4mg (2.66%), Vitamin B3: 0.38mg (1.91%)