



Winter Citrus, Escarole, and Endive Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups belgian endive thinly sliced (2 heads)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 cup orange sections
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 6 cups endive
- ☐ 1 cup grapefruit
- ☐ 1.5 teaspoons honey
- ☐ 0.5 teaspoon kosher salt

- ☐ 1 cup orange sections
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 tablespoons orange juice
- ☐ 2 tablespoons pistachios toasted
- ☐ 0.5 cup pomegranate seeds
- ☐ 1 cup radicchio thinly thinly sliced
- ☐ 0.3 cup shallots minced

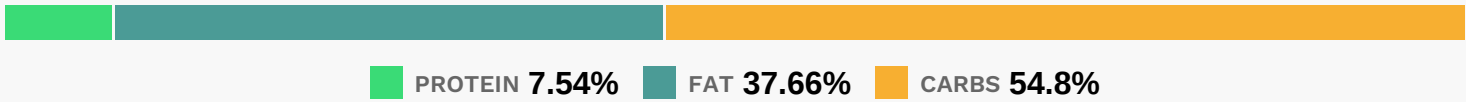
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a large bowl.
- ☐ Add grapefruit, orange, and blood orange sections; toss gently.
- ☐ Combine the shallots and next 6 ingredients (through pepper) in a small bowl, stirring well with a whisk.
- ☐ Drizzle dressing over salad; toss gently to coat. Divide salad evenly among 6 plates. Divide the pomegranate arils and toasted pistachios evenly among servings.

Nutrition Facts



Properties

Glycemic Index:67.71, Glycemic Load:5.91, Inflammation Score:-9, Nutrition Score:15.833478201991%

Flavonoids

Cyanidin: 8.65mg, Cyanidin: 8.65mg, Cyanidin: 8.65mg, Cyanidin: 8.65mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 15.12mg, Hesperetin: 15.12mg, Hesperetin: 15.12mg, Hesperetin: 15.12mg Naringenin: 20.68mg, Naringenin: 20.68mg, Naringenin: 20.68mg, Naringenin: 20.68mg Luteolin: 2.87mg, Luteolin: 2.87mg, Luteolin: 2.87mg, Luteolin: 2.87mg Kaempferol: 5.12mg, Kaempferol: 5.12mg, Kaempferol: 5.12mg, Kaempferol: 5.12mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 138.21kcal (6.91%), Fat: 6.25g (9.61%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 20.46g (6.82%), Net Carbohydrates: 14.89g (5.42%), Sugar: 12.47g (13.85%), Cholesterol: 0mg (0%), Sodium: 208.91mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.63%), Vitamin K: 137.77µg (131.21%), Vitamin C: 49.69mg (60.23%), Vitamin A: 1675.52IU (33.51%), Folate: 118.4µg (29.6%), Fiber: 5.57g (22.28%), Manganese: 0.36mg (18.01%), Potassium: 492.42mg (14.07%), Vitamin B1: 0.16mg (10.92%), Copper: 0.19mg (9.54%), Vitamin E: 1.33mg (8.89%), Vitamin B5: 0.85mg (8.49%), Vitamin B6: 0.17mg (8.4%), Calcium: 71.45mg (7.15%), Magnesium: 27.71mg (6.93%), Phosphorus: 63.17mg (6.32%), Vitamin B2: 0.1mg (5.65%), Iron: 0.93mg (5.17%), Zinc: 0.7mg (4.66%), Vitamin B3: 0.61mg (3.05%), Selenium: 0.91µg (1.3%)