

Winter Salad



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 belgian endive cored halved lengthwise cut lengthwise into 1/2-inch-wide strips
- ☐ 0.3 celery root cut into 1/8-inch-thick matchsticks (1/2 cup) (sometimes called celeriac)
- ☐ 0.5 cup fennel bulb cored thinly sliced lengthwise
- ☐ 2 ounces goat cheese shaved with a cheese plane or vegetable peeler (1/2 cup) firm
- ☐ 0.5 apples i use 2 granny smith apples cored cut into 1/8-inch-thick matchsticks (1/2 cup)
- ☐ 1 teaspoon honey
- ☐ 2 cups mustard greens (if using mustard greens, discard stems and tough center ribs and tear leaves into 2-inch pieces)
- ☐ 0.8 cup olive oil extra virgin extra-virgin

- ☐ 2 tablespoons orange juice fresh
- ☐ 0.5 cup onion red halved lengthwise thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons shallots finely chopped
- ☐ 2 tablespoons sherry vinegar
- ☐ 1 teaspoon truffle oil white
- ☐ 0.3 teaspoon pepper white

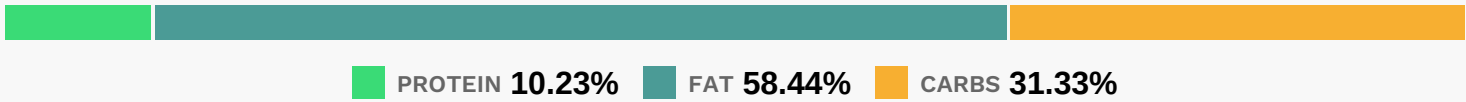
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together shallot, honey, orange juice, vinegar, salt, and white pepper in a bowl, then add olive oil in a stream, whisking until combined.
- ☐ Toss endives, onion, fennel, celery root, apple, and mizuna with 1/2 cup dressing in a large bowl. Season with salt and white pepper.
- ☐ Serve salad topped with cheese and drizzled with truffle oil.
- ☐ *Available at specialty foods shops and many supermarkets.
- ☐ **Available at specialty foods shops and Dean & DeLuca (800-221-7714).

Nutrition Facts



Properties

Glycemic Index:76.32, Glycemic Load:3.88, Inflammation Score:-8, Nutrition Score:13.327391139839%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg

Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 1.02mg, Apigenin: 1.02mg, Apigenin: 1.02mg, Apigenin: 1.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 5.54mg, Isorhamnetin: 5.54mg, Isorhamnetin: 5.54mg, Isorhamnetin: 5.54mg Kaempferol: 10.89mg, Kaempferol: 10.89mg, Kaempferol: 10.89mg, Kaempferol: 10.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg

Nutrients (% of daily need)

Calories: 184.11kcal (9.21%), Fat: 12.47g (19.18%), Saturated Fat: 3.39g (21.21%), Carbohydrates: 15.04g (5.01%), Net Carbohydrates: 10.87g (3.95%), Sugar: 7.02g (7.8%), Cholesterol: 6.52mg (2.17%), Sodium: 397.61mg (17.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.83%), Vitamin K: 102.06µg (97.2%), Vitamin C: 32.2mg (39.03%), Vitamin A: 1048.97IU (20.98%), Fiber: 4.17g (16.67%), Vitamin E: 2.16mg (14.38%), Phosphorus: 126.26mg (12.63%), Potassium: 439.94mg (12.57%), Copper: 0.23mg (11.36%), Vitamin B6: 0.22mg (10.77%), Manganese: 0.19mg (9.39%), Calcium: 90.82mg (9.08%), Folate: 33.37µg (8.34%), Vitamin B2: 0.14mg (8.13%), Iron: 1.4mg (7.77%), Magnesium: 29.91mg (7.48%), Vitamin B1: 0.1mg (6.65%), Vitamin B5: 0.44mg (4.4%), Vitamin B3: 0.78mg (3.92%), Zinc: 0.48mg (3.2%), Selenium: 1.23µg (1.75%)