



WHATSheATE



Zach's Escarole Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



173 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup blanched almonds and whole toasted finely chopped
- ☐ 2 heads endive green
- ☐ 6 tablespoons optional: lemon
- ☐ 0.5 cup roma tomatoes grated
- ☐ 5 sunchokes scrubbed thinly sliced
- ☐ 6 servings pepper black

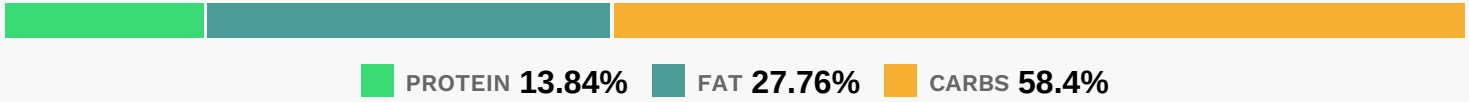
Equipment

- ☐ bowl

Directions

- ☐ Soak the escarole in a bowl of cool water for 10 minutes to crisp it.
- ☐ Drain and spin dry.
- ☐ Combine the sunchokes, almonds, and cheese in a large bowl, tossing to mix.
- ☐ Add the escarole, tossing gently.
- ☐ Drizzle with half the vinaigrette, tossing to coat. Season with salt and pepper.
- ☐ Transfer the salad to a serving bowl and serve with the remaining vinaigrette on the side.
- ☐ Reprinted with permission from Molto Gusto: Easy Italian Cooking by Mario Batali and Mark Ladner, © 2010 Ecco

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:6.04, Inflammation Score:-10, Nutrition Score:25.247826078664%

Flavonoids

Eriodictyol: 3.16mg, Eriodictyol: 3.16mg, Eriodictyol: 3.16mg, Eriodictyol: 3.16mg Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 15.17mg, Kaempferol: 15.17mg, Kaempferol: 15.17mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 172.91kcal (8.65%), Fat: 5.87g (9.03%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 27.78g (9.26%), Net Carbohydrates: 19.72g (7.17%), Sugar: 11.99g (13.32%), Cholesterol: 0mg (0%), Sodium: 40.55mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.17%), Vitamin K: 348.33µg (331.74%), Vitamin A: 3440.59IU (68.81%), Folate: 236.57µg (59.14%), Manganese: 0.92mg (46.24%), Fiber: 8.06g (32.26%), Potassium: 1065.71mg (30.45%), Iron: 5.36mg (29.81%), Vitamin C: 24.55mg (29.76%), Vitamin B1: 0.37mg (24.44%), Vitamin E: 3.47mg (23.11%), Copper: 0.42mg (21.16%), Vitamin B5: 1.85mg (18.53%), Phosphorus: 182.56mg (18.26%), Magnesium: 72.07mg (18.02%), Vitamin B2: 0.26mg (15.14%), Vitamin B3: 2.48mg (12.42%), Calcium: 123.78mg (12.38%), Zinc: 1.67mg (11.11%), Vitamin B6: 0.15mg (7.6%), Selenium: 1.44µg (2.06%)