

Endive Salad

submitted by MDR

Per serving: 244 Calories • 29.8g Carbs (11.3g Fiber) • 14.3g Fat • 3.5g Protein

Ingredients

Ingredients scaled to: 2 serving

2 tsp **Balsamic vinegar** (10.6 grams)

1 tsp **Salt** (6 grams)

2 tbsp **Olive oil** (27 grams)

2 small (2-3/4" dia) **Apples** (298 grams)

10 cup, chopped **Endive** (500 grams)

Directions

Directions are based on the original recipe of 2 servings

1. Chop apple and endive. Toss all ingredients together well and serve. Enjoy!