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## Apple Endive Salad with Milk Thistle Tea Dressing

This refreshing and nutritious salad combines the crispness of apples, the bitterness of endive, and the earthy flavor of milk thistle tea dressing. It's a perfect vegan recipe for a light and healthy meal.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 4

**Serving Size:** 75 g

### Ingredients

<b>2 tsp</b>	milk thistle tea
<b>2 medium</b>	Apple
<b>1 head</b>	Endive
<b>0.5 c</b>	walnuts

**0.5 c** dried cranberries

**1 small** red onion

**2 tbsp** lemon juice

## Directions

### Step 1

Brew the milk thistle tea according to the package instructions. Let it cool.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

Cutting

Slice the apples and red onion into thin strips. Separate the endive leaves.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 3

Mixing

In a large bowl, combine the apples, red onion, endive leaves, walnuts, and dried cranberries.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Whisking

In a small bowl, whisk together the cooled milk thistle tea, lemon juice, and salt to make the dressing.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

Drizzle the dressing over the salad and toss gently to coat.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Serving

Serve the salad immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 180 kcal

Fat: 10 g

Protein: 4 g

Carbohydrates: 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Spring

Summer

### Kitchen Tools

Slow Cooker

Pressure Cooker

### Course

Snacks

### Cultural

Chinese New Year

### Diet

Paleo Diet

Atkins Diet

Vegetarian Diet

Vegan Diet

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