

Chicory Salad with Anchovy Dressing

Yield: 2 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chicory-salad-recipe>

Ingredients:

- 9/16 pound chicory or puntarelle
- 6 fillets salted anchovies preserved in oil, adjust amount according to your taste
- 1 clove garlic
- extra-virgin olive oil
- 2 tablespoons wine vinegar
- pepper

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 5 milligrams
4. Fat: 11 grams
5. Fiber: 6 grams
6. Protein: 6 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 75 milligrams
9. Sugar: 1 grams

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