



Bacon Endive Tomato Bites

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



4

CALORIES



99 kcal

SIDE DISH

Ingredients

- 16 belgian endive leaves (2 heads)
- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons champagne vinegar
- 1 teaspoon chives fresh chopped
- 1 teaspoon thyme leaves fresh
- 1 cup multicolored grape tomatoes sliced
- 1 teaspoon olive oil
- 0.1 teaspoon salt

2 center-cut bacon crumbled cooked

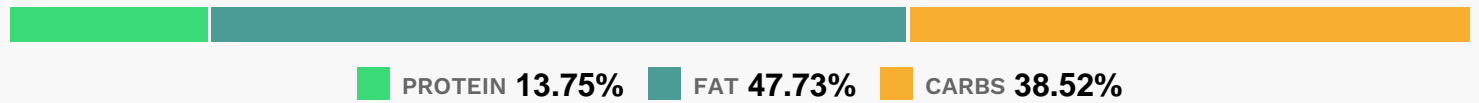
Equipment

bowl

Directions

Combine first 7 ingredients in a medium bowl. Spoon 1 tablespoon tomato mixture in center of each endive leaf; sprinkle evenly with bacon.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:7.911739151115%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 98.82kcal (4.94%), Fat: 5.67g (8.72%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 10.29g (3.43%), Net Carbohydrates: 3.16g (1.15%), Sugar: 0.99g (1.09%), Cholesterol: 7.26mg (2.42%), Sodium: 151.89mg (6.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.35%), Fiber: 7.13g (28.51%), Folate: 84.54µg (21.13%), Potassium: 563.83mg (16.11%), Vitamin C: 12mg (14.54%), Manganese: 0.28mg (14.12%), Vitamin B1: 0.18mg (11.74%), Vitamin A: 411.16IU (8.22%), Phosphorus: 80.97mg (8.1%), Vitamin B6: 0.15mg (7.53%), Copper: 0.14mg (6.99%), Magnesium: 27.84mg (6.96%), Vitamin B3: 1.02mg (5.08%), Calcium: 47.57mg (4.76%), Vitamin B2: 0.08mg (4.48%), Iron: 0.78mg (4.31%), Vitamin K: 4.28µg (4.08%), Vitamin B5: 0.41mg (4.06%), Selenium: 2.64µg (3.78%), Zinc: 0.55mg (3.63%), Vitamin E: 0.39mg (2.63%)