



Belgian Endive au Gratin

READY IN



55 min.

SERVINGS



8

CALORIES



202 kcal

SIDE DISH

Ingredients

- 8 heads belgian endive trimmed
- 2 tablespoons butter
- 2 tablespoons flour all-purpose
- 0.3 cup parsley fresh chopped
- 0.3 teaspoon ground nutmeg to taste
- 8 servings salt and ground pepper black to taste
- 1 cup gruyère cheese divided grated
- 8 slices ham deli-style
- 1 cup milk

2 teaspoons parmesan cheese grated

Equipment

sauce pan

oven

whisk

pot

baking pan

broiler

Directions

Lightly grease a baking dish.

Bring a large pot of lightly salted water to a boil over medium-high heat.

Place the endives into the water. Cover, and cook until tender, 5 to 10 minutes.

Place the butter into a saucepan, and melt over medium heat.

Whisk in the flour, and stir until the mixture becomes paste-like and golden brown. Gradually whisk the milk into the flour mixture, whisking constantly until thick and smooth. Stir in 3/4 cup Gruyere cheese, Parmesan cheese, nutmeg, salt, and pepper until well blended. Cook gently over medium-low heat for 10 minutes, stirring frequently.

Preheat an oven broiler to low.

Drain the endives. Wrap each endive with a slice of ham, and place into the prepared baking dish.

Pour the cheese sauce over the endives.

Sprinkle with the remaining 1/4 cup Gruyere cheese and parsley.

Cook the endives under preheated broiler until cheese is golden brown and sauce bubbles, about 10 minutes.

Nutrition Facts



PROTEIN 25.84% **FAT 63.49%** **CARBS 10.67%**

Properties

Glycemic Index:37.13, Glycemic Load:1.62, Inflammation Score:-4, Nutrition Score:9.462173835091%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 201.86kcal (10.09%), Fat: 14.3g (22%), Saturated Fat: 7.39g (46.16%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 3.61g (1.31%), Sugar: 1.57g (1.74%), Cholesterol: 47.77mg (15.92%), Sodium: 508.01mg (22.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.09g (26.18%), Vitamin K: 31.72µg (30.21%), Calcium: 231.35mg (23.14%), Phosphorus: 216.39mg (21.64%), Vitamin B1: 0.25mg (16.35%), Selenium: 10.54µg (15.06%), Vitamin B2: 0.18mg (10.65%), Zinc: 1.6mg (10.63%), Vitamin B12: 0.63µg (10.51%), Vitamin A: 477.88IU (9.56%), Vitamin B6: 0.16mg (8.23%), Potassium: 268.07mg (7.66%), Vitamin B3: 1.52mg (7.62%), Fiber: 1.79g (7.18%), Folate: 28.62µg (7.16%), Magnesium: 22.36mg (5.59%), Vitamin C: 3.98mg (4.82%), Manganese: 0.09mg (4.62%), Vitamin B5: 0.44mg (4.36%), Vitamin D: 0.64µg (4.24%), Iron: 0.62mg (3.44%), Copper: 0.06mg (3.19%), Vitamin E: 0.27mg (1.77%)