



## Braised Belgian Endive



Vegetarian



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



112 kcal

SIDE DISH

### Ingredients

- 1.5 pounds belgian endive quartered
- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons granulated sugar
- 2 teaspoons kosher salt
- 3 tablespoons butter unsalted
- 1 cup water
- 1 teaspoon citrus champagne vinegar

### Equipment

frying pan

knife

## Directions

Combine all ingredients except endives in a large frying pan over medium heat and bring to a simmer.

Add endives to the pan in a single layer and braise, turning occasionally, until the cores just give way when pierced with a knife, about 10 minutes. Increase heat to medium high and cook, turning occasionally, until almost all the liquid has evaporated and the endives are golden brown, about 5 to 10 minutes more.

## Nutrition Facts



**PROTEIN 5.43%** **FAT 65.04%** **CARBS 29.53%**

## Properties

Glycemic Index:25.52, Glycemic Load:1.41, Inflammation Score:-4, Nutrition Score:4.9391303943551%

## Nutrients (% of daily need)

Calories: 112.45kcal (5.62%), Fat: 8.7g (13.38%), Saturated Fat: 5.44g (33.98%), Carbohydrates: 8.89g (2.96%), Net Carbohydrates: 3.58g (1.3%), Sugar: 2g (2.23%), Cholesterol: 22.58mg (7.53%), Sodium: 1170.4mg (50.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Fiber: 5.3g (21.22%), Folate: 63.27µg (15.82%), Potassium: 363.85mg (10.4%), Manganese: 0.19mg (9.51%), Vitamin B1: 0.11mg (7.07%), Vitamin A: 312.41IU (6.25%), Vitamin C: 4.77mg (5.78%), Copper: 0.1mg (5.04%), Phosphorus: 47.04mg (4.7%), Magnesium: 18.1mg (4.53%), Calcium: 37.98mg (3.8%), Vitamin B6: 0.07mg (3.61%), Vitamin B2: 0.05mg (2.95%), Vitamin B5: 0.26mg (2.6%), Iron: 0.44mg (2.44%), Zinc: 0.29mg (1.95%), Vitamin E: 0.24mg (1.63%), Vitamin B3: 0.28mg (1.39%), Vitamin D: 0.16µg (1.05%)