



## Braised Endive with Ham and Gruyère

READY IN



45 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 large belgian endive yellow trimmed
- ☐ 8 ounces forest ham black thinly sliced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup flour all-purpose
- ☐ 1.7 cups gruyère cheese shredded
- ☐ 3.5 tablespoons kosher salt
- ☐ 1 tablespoon nutmeg freshly grated
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons butter unsalted

☐ 0.7 cup milk whole warmed

## Equipment

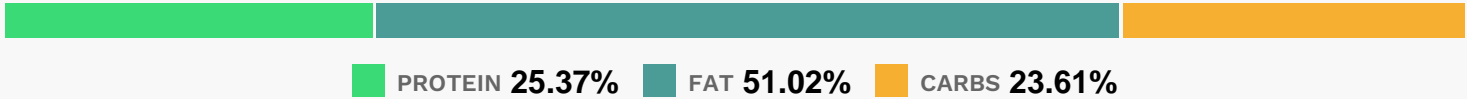
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ slotted spoon

## Directions

- ☐ To cook the endive, combine the butter, sugar, salt, and 10 1/2 cups water in a large pot. Bring to a boil, then reduce the heat to maintain a steady simmer.
- ☐ Add the endive, cover, and cook until very tender, about 45 minutes. A knife should be able to pierce through with no resistance. Use a slotted spoon to transfer the endive to paper towels. Reserve 1 1/4 cups cooking liquid. When cool enough to handle, squeeze out as much liquid as possible from the endive.
- ☐ Wrap each endive with slices of ham. Arrange the endive in a shallow baking dish that holds them snugly; you don't want any space between the endive.
- ☐ Preheat the oven to 400°F.
- ☐ To make the béchamel, melt the butter in a medium saucepan over medium-low heat until golden.
- ☐ Add the flour and cook, whisking constantly, until the mixture smells nutty, about 2 minutes. Continue whisking and add the milk, then the reserved endive cooking liquid in a slow, steady stream. Bring the mixture to a boil while whisking. Continue whisking until thickened, about 5 minutes.
- ☐ Whisk in the nutmeg and pepper.
- ☐ Pour the béchamel over the endive and spread to cover them evenly.

- ☐ Sprinkle the cheese evenly over the top. Set the dish on a rimmed baking sheet and bake until bubbly and golden brown on top, about 15 minutes. If you want the top more browned and crusty, broil for a minute or two after baking.
- ☐ Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:71.27, Glycemic Load:14.13, Inflammation Score:-6, Nutrition Score:13.725652176401%

## Nutrients (% of daily need)

Calories: 466.49kcal (23.32%), Fat: 26.62g (40.96%), Saturated Fat: 15.24g (95.25%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 23.83g (8.66%), Sugar: 17.18g (19.09%), Cholesterol: 111.05mg (37.02%), Sodium: 7103.42mg (308.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.79g (59.57%), Calcium: 636.19mg (63.62%), Phosphorus: 415.43mg (41.54%), Vitamin B12: 1.11µg (18.52%), Zinc: 2.6mg (17.32%), Selenium: 11.8µg (16.86%), Vitamin B2: 0.28mg (16.63%), Vitamin A: 795.42IU (15.91%), Fiber: 3.89g (15.57%), Folate: 60.58µg (15.14%), Potassium: 510.54mg (14.59%), Manganese: 0.25mg (12.67%), Vitamin B1: 0.19mg (12.62%), Magnesium: 40.71mg (10.18%), Iron: 1.55mg (8.61%), Vitamin B5: 0.66mg (6.58%), Vitamin B6: 0.12mg (6.03%), Vitamin D: 0.88µg (5.88%), Copper: 0.11mg (5.48%), Vitamin B3: 0.76mg (3.79%), Vitamin C: 3.02mg (3.66%), Vitamin E: 0.34mg (2.28%), Vitamin K: 2.33µg (2.21%)