



Braised Endives with Haricots Verts



Vegetarian



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



84 kcal

SIDE DISH

Ingredients

- ☐ 1 lb belgian endive trimmed halved lengthwise
- ☐ 0.5 lb haricots verts trimmed thin
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1.5 tablespoons butter unsalted for greasing wax paper cut into bits, plus additional

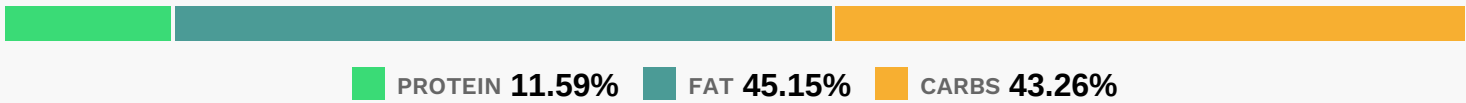
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ ziploc bags
- ☐ wax paper

Directions

- ☐ Cut out a round of wax paper to fit just inside a 12-inch heavy skillet, then butter 1 side of round.
- ☐ Fit endives, cut sides down, snugly in skillet.
- ☐ Add broth, lemon juice, butter bits, sugar, and salt, then cover endives with wax-paper round, buttered side down, and simmer until endives are tender and liquid is thickened and reduced to about a quarter of its original volume, 20 to 25 minutes.
- ☐ Meanwhile, cook beans in a 4-quart pot of boiling salted water, uncovered, until just tender, about 5 minutes.
- ☐ Drain and rinse under cold water to stop cooking, then drain again.
- ☐ Remove wax paper from endives, then gently stir in beans and cook until beans are just heated through, about 1 minute.
- ☐ Beans can be cooked 1 day ahead and chilled in a sealed plastic bag lined with dampened paper towels.

Nutrition Facts



Properties

Glycemic Index:29.02, Glycemic Load:1.81, Inflammation Score:-5, Nutrition Score:7.4173912794694%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 83.89kcal (4.19%), Fat: 4.69g (7.21%), Saturated Fat: 2.81g (17.54%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 5.04g (1.83%), Sugar: 2.98g (3.31%), Cholesterol: 11.29mg (3.76%), Sodium: 160.49mg (6.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.41%), Vitamin K: 24.75µg (23.57%), Fiber: 5.06g (20.23%), Folate: 61.58µg (15.39%), Vitamin C: 11.54mg (13.99%), Manganese: 0.24mg (11.85%), Potassium: 389.45mg (11.13%), Vitamin A: 555.53IU (11.11%), Vitamin B1: 0.12mg (7.86%), Vitamin B6: 0.13mg (6.62%), Magnesium: 26.14mg (6.54%), Phosphorus: 61.44mg (6.14%), Vitamin B2: 0.1mg (5.94%), Copper: 0.11mg (5.68%), Iron: 0.92mg (5.13%), Vitamin B3: 1.01mg (5.04%), Calcium: 45.29mg (4.53%), Vitamin B5: 0.3mg (3.03%), Vitamin E: 0.36mg (2.4%), Zinc: 0.35mg (2.36%)