



Braised Shrimp and Creamy Endive

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb belgian endives (4 or 5)
- ☐ 0.3 cup heavy cream
- ☐ 2 servings garnish: herbs fresh chopped
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.8 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons butter unsalted

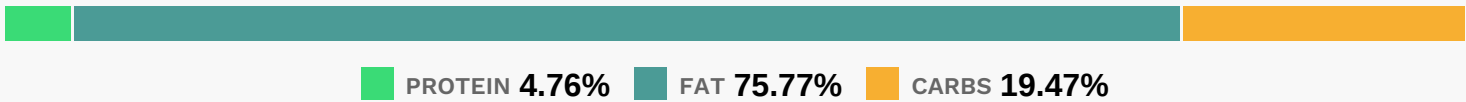
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Trim endives and quarter lengthwise.
- ☐ Cut out and discard cores, then cut endives diagonally into 1/2-inch-wide strips. Toss with sugar, 1/2 teaspoon salt, and 1 tablespoon lemon juice in a bowl.
- ☐ Melt butter in a 10-inch nonstick skillet over moderately low heat and add endive mixture, tossing to coat. Cook, covered, stirring occasionally, until endive is tender, 10 to 12 minutes.
- ☐ While endive is cooking, toss shrimp with remaining 1/4 teaspoon salt and 1/2 tablespoon lemon juice in a bowl.
- ☐ When endive is tender, increase heat to moderate and cook, uncovered, stirring, until juices are evaporated, about 2 minutes. Stir in cream and simmer 1 minute.
- ☐ Scatter shrimp over endive and cook, covered, over low heat, without stirring, until shrimp are just cooked through, 3 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:51.05, Glycemic Load:1.43, Inflammation Score:-7, Nutrition Score:11.605217322059%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 251.7kcal (12.59%), Fat: 22.39g (34.44%), Saturated Fat: 14.1g (88.11%), Carbohydrates: 12.95g (4.32%), Net Carbohydrates: 5.75g (2.09%), Sugar: 3.19g (3.55%), Cholesterol: 63.72mg (21.24%), Sodium: 888.54mg (38.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.33%), Vitamin K: 67.53µg (64.32%), Fiber: 7.2g (28.79%), Vitamin A: 1190.59IU (23.81%), Folate: 93.85µg (23.46%), Vitamin C: 16.2mg (19.64%), Potassium: 544.13mg

(15.55%), Manganese: 0.24mg (11.89%), Vitamin B1: 0.15mg (10.23%), Phosphorus: 82.8mg (8.28%), Vitamin B2: 0.13mg (7.52%), Calcium: 72.84mg (7.28%), Magnesium: 27.74mg (6.93%), Copper: 0.13mg (6.49%), Vitamin B6: 0.11mg (5.74%), Iron: 0.84mg (4.68%), Vitamin D: 0.69µg (4.57%), Vitamin B5: 0.45mg (4.51%), Vitamin E: 0.65mg (4.3%), Zinc: 0.5mg (3.32%), Vitamin B3: 0.45mg (2.25%), Selenium: 1.52µg (2.17%), Vitamin B12: 0.07µg (1.19%)