



Serve warm

Butter Braised Endives



Vegetarian



Gluten Free



Low Fod Map

READY IN



150 min.

SERVINGS



6

CALORIES



68 kcal

SIDE DISH

Ingredients



4 tablespoon butter sliced into ½ tablespoon pieces



2 tablespoon flat parsley minced



0.5 juice of lemon juiced



0.3 teaspoon kosher salt to taste



0.5 cup water as needed plus more

Equipment



oven



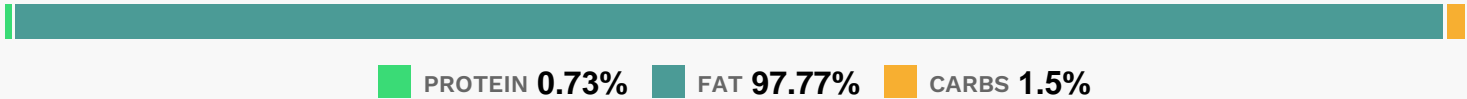
baking pan

- ☐ aluminum foil
- ☐ stove

Directions

- ☐ Prepare the endive for cooking: Trim the root ends of the endive, being careful to ensure that the leaves remain attached.
- ☐ Remove any wilted leaves and cut out the brown portions. Wash under cool running water.Braising the endive: Preheat oven to 325 degrees F. Arrange the endives in a single layer in a stove top and oven proof casserole or baking dish just large enough to accommodate them.
- ☐ Add the salt, water, lemon juice and butter. Cover the dish with a lid or foil and simmer on top of the stove, until just tender, about 20 minutes.
- ☐ Remove the cover and lay a piece of parchment cut to size onto the surface of the vegetables.
- ☐ Place into the preheated oven and bake about 2 hours. Baste the endive several times during cooking with the liquid in the dish. You may need to add more water to assure that the liquid remain at about ¼-inch deep. Taste the liquid about halfway through cooking and adjust seasoning if needed.They are done when the endive is very tender and a pale golden color.
- ☐ Remove from the oven, discard parchment and garnish with parsley if using.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:1.6495652383436%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 67.95kcal (3.4%), Fat: 7.59g (11.67%), Saturated Fat: 4.8g (30%), Carbohydrates: 0.26g (0.09%), Net Carbohydrates: 0.21g (0.08%), Sugar: 0.08g (0.09%), Cholesterol: 20.07mg (6.69%), Sodium: 158.67mg (6.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Vitamin K: 22.52µg (21.45%), Vitamin A: 345.71IU (6.91%), Vitamin C: 2.74mg (3.32%), Vitamin E: 0.23mg (1.54%)