



Endive "Chips" with Blue Cheese Dip and Bacon Dust

 Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



37 kcal

SIDE DISH

Ingredients

- ☐ 2 oz bacon thick chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 20 leaves endive (from 3 heads)
- ☐ 1 teaspoon rosemary leaves fresh divided chopped
- ☐ 0.3 cup gorgonzola crumbled
- ☐ 0.3 cup greek yogurt greek-style

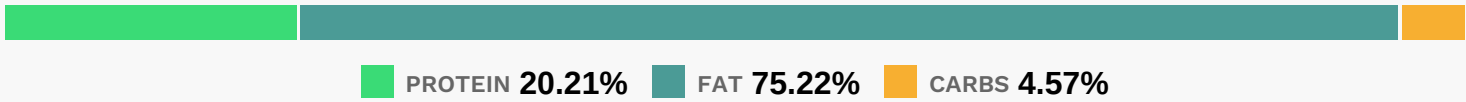
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook bacon in a frying pan (not nonstick) over high heat until crisp, about 4 minutes.
- ☐ Drain on a paper towel. Pulse in a food processor to make fine crumbs and put in a serving bowl.
- ☐ Mix together yogurt, cheese, 1/2 tsp. rosemary, and pepper in another serving bowl.
- ☐ Sprinkle with remaining 1/2 tsp. rosemary. Pile endive leaves in a wide bowl and serve with dip and bacon dust.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.2347826115463%

Flavonoids

Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg

Nutrients (% of daily need)

Calories: 37.14kcal (1.86%), Fat: 3.09g (4.75%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 0.42g (0.14%), Net Carbohydrates: 0.35g (0.13%), Sugar: 0.18g (0.2%), Cholesterol: 6.11mg (2.04%), Sodium: 72.27mg (3.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.73%), Vitamin K: 4.77µg (4.54%), Selenium: 2.05µg (2.93%), Phosphorus: 26.54mg (2.65%), Calcium: 22.04mg (2.2%), Vitamin B2: 0.03mg (1.83%), Vitamin B12: 0.1µg (1.63%), Vitamin B3: 0.28mg (1.38%), Vitamin A: 67.76IU (1.36%), Vitamin B1: 0.02mg (1.28%), Zinc: 0.19mg (1.23%), Vitamin B6: 0.02mg (1.18%), Vitamin B5: 0.12mg (1.16%), Folate: 4.23µg (1.06%)