



Endive "Spoons" with Lemon-Herb Goat Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



60

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 belgian endive
- ☐ 1 sprigs cilantro leaves fresh (for garnish)
- ☐ 3 tablespoons chives fresh finely chopped
- ☐ 3 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 pound goat cheese fresh soft
- ☐ 6 grape tomatoes halved very thin (for garnish)
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2 teaspoons lemon zest generous grated
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

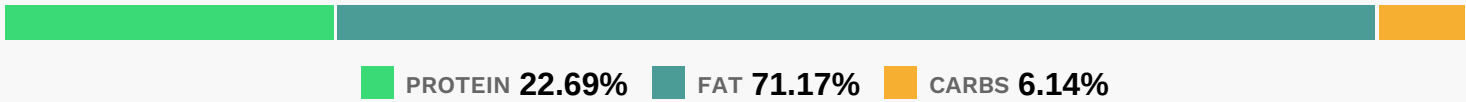
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pastry bag

Directions

- ☐ Using on/off turns, blend goat cheese, olive oil, 1 tablespoon lemon juice, and lemon peel in food processor just until smooth and creamy.
- ☐ Transfer mixture to medium bowl. Stir in chopped cilantro and chives. Season cheese mixture to taste with salt and pepper. Cover and refrigerate until cold. (Can be made 1 day ahead. Keep refrigerated.) If desired, transfer cheese mixture to pastry bag fitted with small plain tip.
- ☐ Cut off and discard root ends of endive. Separate leaves.
- ☐ Cut cores, with some smaller leaves still attached, crosswise into thin strips. Toss sliced endive with remaining 1 tablespoon lemon juice in large bowl to coat. Arrange sliced endive on large platter. Pipe or spoon about 1 1/2 teaspoons cheese mixture at wide end of each endive leaf.
- ☐ Place 1 very small sprig cilantro and tomato slice atop each. Arrange leaves in concentric circles atop sliced endive. (Can be made 4 hours ahead. Cover and chill.)

Nutrition Facts



Properties

Glycemic Index:2.45, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.9656521729801%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 25.79kcal (1.29%), Fat: 2.07g (3.19%), Saturated Fat: 1.17g (7.31%), Carbohydrates: 0.4g (0.13%), Net Carbohydrates: 0.15g (0.05%), Sugar: 0.13g (0.15%), Cholesterol: 3.48mg (1.16%), Sodium: 28.1mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Copper: 0.06mg (3.02%), Phosphorus: 21.76mg (2.18%), Vitamin A: 104.75IU (2.09%), Vitamin B2: 0.03mg (1.84%), Calcium: 12.4mg (1.24%), Vitamin B6: 0.02mg (1.19%), Folate: 4.08µg (1.02%), Fiber: 0.25g (1.01%)