



Endive Stuffed with Goat Cheese and Walnuts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



107 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 16 belgian endive leaves (2 heads)
- ☐ 1 tablespoon chives fresh minced
- ☐ 1.5 ounces goat cheese blue crumbled
- ☐ 2 tablespoons honey divided
- ☐ 3 tablespoons orange juice
- ☐ 16 small orange sections (2 navel oranges)
- ☐ 0.3 teaspoon cracked pepper black

☐ 0.3 cup walnuts coarsely chopped

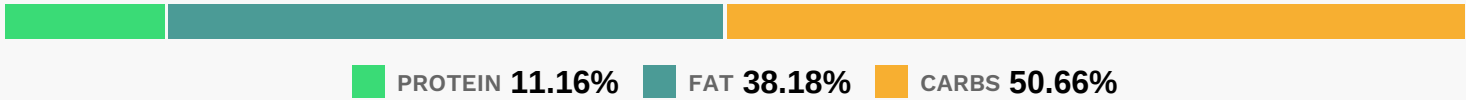
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Combine walnuts and 1 tablespoon honey; spread on a baking sheet coated with cooking spray.
- ☐ Bake at 350 for 10 minutes, stirring after 5 minutes.
- ☐ Combine 1 tablespoon honey, vinegar, and orange juice in a small saucepan. Bring mixture to a boil over high heat, and cook until reduced to 3 tablespoons (about 5 minutes).
- ☐ Fill each endive leaf with 1 orange section. Top each section with 1 teaspoon cheese and 1 teaspoon walnuts; arrange on a plate.
- ☐ Drizzle the vinegar mixture evenly over leaves, and sprinkle evenly with chives and pepper.

Nutrition Facts



Properties

Glycemic Index:40.1, Glycemic Load:4.42, Inflammation Score:-4, Nutrition Score:6.2986956031426%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 7.85mg, Hesperetin: 7.85mg, Hesperetin: 7.85mg, Hesperetin: 7.85mg Naringenin: 4.12mg, Naringenin: 4.12mg, Naringenin: 4.12mg, Naringenin: 4.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 107kcal (5.35%), Fat: 4.86g (7.48%), Saturated Fat: 1.33g (8.28%), Carbohydrates: 14.5g (4.83%), Net Carbohydrates: 10.22g (3.72%), Sugar: 8.63g (9.59%), Cholesterol: 3.99mg (1.33%), Sodium: 65.48mg (2.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.39%), Vitamin C: 20.3mg (24.6%), Fiber: 4.29g (17.14%), Manganese: 0.3mg (15.22%), Folate: 56.13µg (14.03%), Potassium: 332.17mg (9.49%), Copper: 0.15mg (7.68%), Vitamin B1: 0.11mg (7.51%), Phosphorus: 71.76mg (7.18%), Calcium: 67.17mg (6.72%), Magnesium: 24.15mg (6.04%), Vitamin B6: 0.1mg (4.98%), Vitamin B2: 0.07mg (4.18%), Vitamin B5: 0.36mg (3.56%), Zinc: 0.5mg (3.36%), Vitamin A: 160.19IU (3.2%), Iron: 0.54mg (3.02%), Selenium: 1.41µg (2.01%), Vitamin B3: 0.39mg (1.93%), Vitamin K: 1.17µg (1.11%), Vitamin B12: 0.06µg (1.08%)