



Endive with Caramelized Pears and Blue Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



69 kcal

SIDE DISH

Ingredients

- 24 small belgian endive leaves (3 heads)
- 3 ounces cheese blue crumbled
- 1.5 cups bosc pear peeled chopped (3 medium)
- 1 teaspoon parsley fresh chopped
- 0.1 teaspoon salt
- 1 tablespoon sugar
- 2 tablespoons walnuts toasted chopped

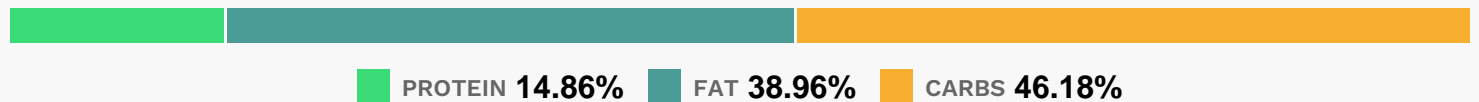
Equipment

- bowl
- frying pan

Directions

- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add pear and sugar to pan; saut 2 minutes or until tender. Cool.
- Place pear mixture, blue cheese, walnuts, and salt in a bowl; stir gently to combine. Spoon about 1 1/2 tablespoons pear mixture into each endive leaf. Arrange leaves on a platter; sprinkle evenly with parsley.

Nutrition Facts



Properties

Glycemic Index:15.49, Glycemic Load:1.66, Inflammation Score:-2, Nutrition Score:4.2856521910947%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 69.26kcal (3.46%), Fat: 3.26g (5.01%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 4.67g (1.7%), Sugar: 3.04g (3.38%), Cholesterol: 5.32mg (1.77%), Sodium: 108.1mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.59%), Fiber: 4.02g (16.09%), Folate: 44.83µg (11.21%), Manganese: 0.17mg (8.67%), Potassium: 272.57mg (7.79%), Phosphorus: 63.17mg (6.32%), Calcium: 61.04mg (6.1%), Vitamin B1: 0.08mg (5.06%), Copper: 0.1mg (5%), Vitamin C: 3.87mg (4.69%), Magnesium: 16.28mg (4.07%), Vitamin B2: 0.06mg (3.74%), Vitamin B6: 0.07mg (3.55%), Vitamin B5: 0.3mg (2.96%), Zinc: 0.43mg (2.87%), Iron: 0.36mg (2.01%), Selenium: 1.35µg (1.93%), Vitamin A: 90.88IU (1.82%), Vitamin B3: 0.29mg (1.47%), Vitamin B12: 0.09µg (1.44%), Vitamin K: 1.24µg (1.18%)