



Endive with Figs, Blue Cheese, and Pecans

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



24

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 heads belgian endive
- 24 servings pepper black freshly ground
- 0.5 cup cheese blue crumbled
- 6 figs fresh
- 1 tablespoon granulated sugar
- 1 tablespoon brown sugar light packed
- 1 tablespoon maple syrup
- 2 tablespoons olive oil extra virgin extra-virgin

- 24 pecans
- 24 servings salt
- 1 tablespoon butter unsalted

Equipment

- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Heat the oven to 400°F. Melt butter in a medium sauté pan over medium heat until foaming.
- Add pecans, granulated sugar, brown sugar, and maple syrup. Cook, stirring often, until sugars dissolve and mixture bubbles. Turn mixture onto a piece of aluminum foil or waxed paper, set in a dry place, and let cool. Quarter figs lengthwise, toss in olive oil, season with salt and pepper, place on a baking sheet, and roast in the oven until just soft, about 10 minutes. Trim off the bottoms of the endive and separate the heads into leaves. Choose the best 24 leaves (do not use the hearts).
- Place 1 fig quarter and 1 teaspoon of the blue cheese on each leaf. Top with a pecan and serve. Beverage pairing: Hartley & Gibson's Amontillado, Spain. This simple, off-dry amontillado sherry complements every part of the dish (except the endive) without overly asserting itself. It has to have enough sweetness to handle the maple syrup and the nuttiness to work with the cheese and pecans.
- Serve it slightly chilled.

Nutrition Facts



PROTEIN 6.75% **FAT 59.17%** **CARBS 34.08%**

Properties

Glycemic Index:9.86, Glycemic Load:1.83, Inflammation Score:-1, Nutrition Score:1.443478256464%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 50.8kcal (2.54%), Fat: 3.5g (5.39%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.81g (1.39%), Sugar: 3.59g (3.99%), Cholesterol: 3.36mg (1.12%), Sodium: 226.72mg (9.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Manganese: 0.12mg (5.93%), Fiber: 0.73g (2.91%), Calcium: 23.51mg (2.35%), Vitamin B2: 0.03mg (1.86%), Phosphorus: 18.55mg (1.86%), Potassium: 59.99mg (1.71%), Copper: 0.03mg (1.59%), Vitamin K: 1.61µg (1.53%), Vitamin E: 0.22mg (1.49%), Vitamin B1: 0.02mg (1.49%), Magnesium: 5.54mg (1.38%), Vitamin B6: 0.03mg (1.25%), Zinc: 0.18mg (1.17%), Vitamin A: 57.04IU (1.14%), Folate: 4.56µg (1.14%), Vitamin B5: 0.11mg (1.11%)