



Endive with Herbed Cream Cheese and Caramelized Apples



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 apples diced peeled
- ☐ 4 heads belgian endive separated trimmed
- ☐ 2 tablespoons brown sugar
- ☐ 3 tablespoons butter
- ☐ 0.3 teaspoon cinnamon
- ☐ 8 oz cream cheese at room temperature
- ☐ 0.3 cup basil fresh finely chopped

- ☐ 0.3 cup chives fresh finely chopped
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 0.5 teaspoon garlic powder

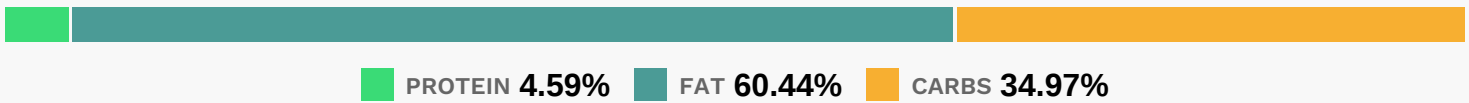
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Herbed Cream Cheese
- ☐ Combine all the ingredients in a small bowl and mix well. Set aside.
- ☐ Place a medium sauce pan over medium heat and add the butter, apples and cinnamon. Stir and cook for about 7 minutes. Use a teaspoon to fill the end of each endive leaf with herbed cream cheese and add about 1 tablespoon of apples. Arrange on a platter and serve.

Nutrition Facts



Properties

Glycemic Index:11.08, Glycemic Load:1.26, Inflammation Score:-2, Nutrition Score:2.0134782402412%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 67.38kcal (3.37%), Fat: 4.74g (7.29%), Saturated Fat: 2.82g (17.63%), Carbohydrates: 6.17g (2.06%), Net Carbohydrates: 5.12g (1.86%), Sugar: 4.5g (5%), Cholesterol: 13.31mg (4.44%), Sodium: 42.1mg (1.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Vitamin K: 13.52µg (12.87%), Vitamin A: 278.02IU (5.56%), Fiber: 1.05g (4.22%), Vitamin C: 2.78mg (3.37%), Potassium: 71.83mg (2.05%), Vitamin B2: 0.03mg (2%), Phosphorus: 17.27mg (1.73%), Folate: 6.74µg (1.68%), Calcium: 16.01mg (1.6%), Manganese: 0.03mg (1.59%), Selenium: 0.88µg (1.26%), Vitamin E: 0.19mg (1.24%), Vitamin B6: 0.02mg (1.23%), Magnesium: 4.14mg (1.03%)