



Gin-and-Orange-Juice-Braised Endives



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



15

CALORIES



111 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 15 servings balsamic vinegar for drizzling
- ☐ 10 medium belgian endives halved lengthwise
- ☐ 0.5 cup hendrick's gin
- ☐ 2 tablespoons honey
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 cup orange juice fresh
- ☐ 2 tablespoons roasted pumpkin seeds salted
- ☐ 15 servings salt and pepper black freshly ground

- ☐ 2 scallions white green thinly sliced
- ☐ 4 tablespoons butter unsalted

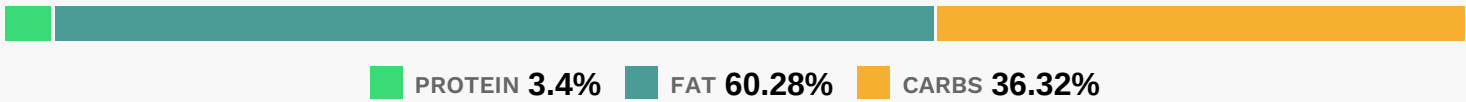
Equipment

- ☐ frying pan

Directions

- ☐ In each of 2 large skillets, heat 1 1/2 tablespoons of the extra-virgin olive oil.
- ☐ Add the endive halves, cut sides down, and cook over moderate heat until richly browned, about 5 minutes. Slowly pour 1/4 cup of the gin into each skillet and cook until it's reduced by half. Turn the endives over, season with salt and freshly ground black pepper and add 1/2 cup of the orange juice to each skillet. Cover and cook over low heat, turning once, until the endives are tender, about 15 minutes.
- ☐ Transfer the braised endives to a warm platter, cut sides up.
- ☐ Pour the liquid from one of the skillets into the other.
- ☐ Add the butter and honey and boil over high heat until syrupy, about 4 minutes. Season with salt and freshly ground pepper.
- ☐ Pour the sauce over the endives and garnish with the sliced scallions and roasted pumpkin seeds.
- ☐ Drizzle the endives with the balsamic vinegar and serve.

Nutrition Facts



Properties

Glycemic Index:15.55, Glycemic Load:3.48, Inflammation Score:-2, Nutrition Score:2.7030434835216%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 110.63kcal (5.53%), Fat: 6.23g (9.58%), Saturated Fat: 2.38g (14.85%), Carbohydrates: 8.45g (2.82%), Net Carbohydrates: 7.2g (2.62%), Sugar: 6.13g (6.81%), Cholesterol: 8.03mg (2.68%), Sodium: 7.19mg (0.31%), Alcohol: 2.67g (100%), Alcohol %: 3.87% (100%), Protein: 0.79g (1.58%), Vitamin C: 9.58mg (11.62%), Manganese: 0.11mg (5.38%), Vitamin K: 5.47µg (5.21%), Fiber: 1.24g (4.98%), Folate: 19.62µg (4.91%), Potassium: 139.08mg (3.97%), Vitamin E: 0.51mg (3.4%), Vitamin A: 153.16IU (3.06%), Magnesium: 11.56mg (2.89%), Vitamin B1: 0.04mg (2.59%), Phosphorus: 24.94mg (2.49%), Copper: 0.04mg (2.19%), Iron: 0.35mg (1.95%), Calcium: 15.89mg (1.59%), Vitamin B6: 0.02mg (1.21%), Vitamin B2: 0.02mg (1.15%)