



HEALTH SCORE

70%

Golden chicory in prosciutto wraps



Gluten Free



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1164 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 heads endive



25 g butter



4 slices serrano ham



2 tbsp dijon mustard



75 ml wine



2 thyme sprigs



4 slices cheese good (cheddar or gruyère is great)



50 ml whipping cream

☐ 1 serving potatoes green

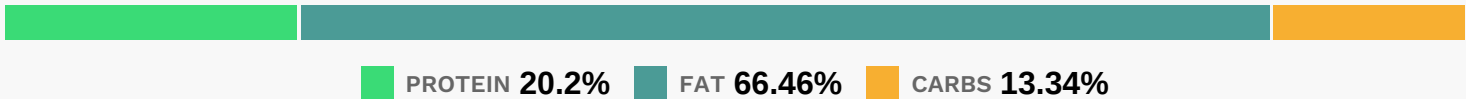
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 200C/gas 6/fan 180C.
- ☐ Cut a cross from the base halfway to the tip of each head of chicory. Stuff the butter into the slits, then lay the slices of prosciutto or ham in pairs on the work surface, overlapping them slightly. Paint the ham with the mustard and lay the chicory on top.
- ☐ Roll each chicory head away from you, wrapping it snugly in the ham.
- ☐ Lay the wrapped chicory in a small ovenproof dish or pan, pour over the stock or wine and top with the thyme sprigs. Cover the dish with a loose tent of foil and bake for 30-40 minutes until the chicory is softened.
- ☐ Uncover the dish, lay the cheese slices over the chicory and bake, still uncovered, for a further 6-8 minutes, until the cheese is melting and golden. The chicory is now ready to serve. For an extra touch, remove the chicory, place the pan on a medium heat and boil the juices with the cream for 4-5 minutes until rich and syrupy.
- ☐ Pour the sauce over the chicory.
- ☐ Serve with sauted potatoes and salad.

Nutrition Facts



Properties

Glycemic Index:297.75, Glycemic Load:2.37, Inflammation Score:-10, Nutrition Score:63.92782659116%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg,

Epicatechin: 0.42mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 90.92mg, Kaempferol: 90.92mg, Kaempferol: 90.92mg, Kaempferol: 90.92mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1163.54kcal (58.18%), Fat: 85.35g (131.31%), Saturated Fat: 47.45g (296.55%), Carbohydrates: 38.56g (12.85%), Net Carbohydrates: 9.07g (3.3%), Sugar: 5.27g (5.85%), Cholesterol: 252.6mg (84.2%), Sodium: 2538.69mg (110.38%), Alcohol: 7.84g (100%), Alcohol %: 0.79% (100%), Protein: 58.37g (116.73%), Vitamin K: 2085.82µg (1986.5%), Vitamin A: 22105.72IU (442.11%), Folate: 1308.2µg (327.05%), Manganese: 4.04mg (202.09%), Calcium: 1333mg (133.3%), Fiber: 29.49g (117.97%), Vitamin B5: 8.85mg (88.54%), Potassium: 3081.43mg (88.04%), Phosphorus: 848.92mg (84.89%), Zinc: 11.69mg (77.91%), Vitamin B2: 1.31mg (77.23%), Vitamin C: 62.32mg (75.54%), Selenium: 45.53µg (65.05%), Vitamin B1: 0.83mg (55.07%), Iron: 9.42mg (52.31%), Magnesium: 194.7mg (48.67%), Copper: 0.97mg (48.55%), Vitamin E: 5.95mg (39.65%), Vitamin B12: 1.31µg (21.84%), Vitamin B3: 4mg (19.99%), Vitamin B6: 0.34mg (17.21%), Vitamin D: 1.48µg (9.85%)