



Provençal Goat Cheese in Endive



Vegetarian



Gluten Free



Very Healthy

READY IN



15 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 16 outer endive leaves red (2 to 3 endives)
- ☐ 0.7 cup mild goat cheese soft at room temperature
- ☐ 1.3 teaspoons herbs de provence
- ☐ 1.5 teaspoons honey
- ☐ 3 tablespoons milk 2% reduced-fat
- ☐ 1 pinch salt

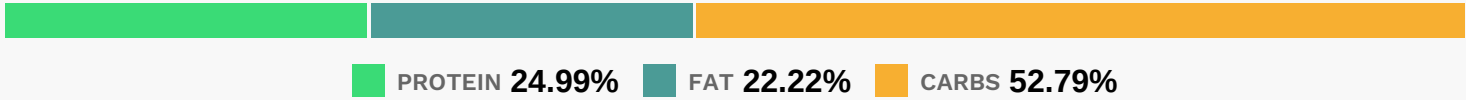
Equipment

- ☐ bowl

Directions

☐ Stir together cheese, milk, honey, herbs, and salt in a bowl until combined. Spoon 2 teaspoons of mixture into each leaf.

Nutrition Facts



Properties

Glycemic Index:12.16, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:50.04565244654%

Flavonoids

Kaempferol: 90.9mg, Kaempferol: 90.9mg, Kaempferol: 90.9mg, Kaempferol: 90.9mg

Nutrients (% of daily need)

Calories: 210.17kcal (10.51%), Fat: 5.91g (9.09%), Saturated Fat: 3.26g (20.4%), Carbohydrates: 31.6g (10.53%), Net Carbohydrates: 3.64g (1.32%), Sugar: 3.78g (4.2%), Cholesterol: 9.15mg (3.05%), Sodium: 275.24mg (11.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.96g (29.91%), Vitamin K: 2082.03µg (1982.89%), Vitamin A: 19710.09IU (394.2%), Folate: 1281.01µg (320.25%), Manganese: 3.81mg (190.65%), Fiber: 27.96g (111.84%), Vitamin B5: 8.25mg (82.5%), Potassium: 2840.75mg (81.16%), Vitamin C: 58.6mg (71.03%), Copper: 1.03mg (51.58%), Calcium: 504.27mg (50.43%), Vitamin B1: 0.74mg (49.08%), Zinc: 7.32mg (48.82%), Vitamin B2: 0.76mg (44.61%), Iron: 8.03mg (44.61%), Magnesium: 139.02mg (34.75%), Phosphorus: 305.97mg (30.6%), Vitamin E: 4.01mg (26.72%), Vitamin B3: 3.7mg (18.48%), Vitamin B6: 0.23mg (11.53%), Selenium: 2.49µg (3.55%), Vitamin B12: 0.07µg (1.1%)