



WHATSheATE



Stuffed Belgian Endive

READY IN



55 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 4 belgian endives small to medium
- ☐ 2 tablespoons butter
- ☐ 4 slices deli ham thin
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons flour
- ☐ 4 servings parsley fresh chopped for garnish
- ☐ 1 teaspoon sea salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1.5 cups milk

- ☐ 0.5 cup swiss shredded divided
- ☐ 4 small slices swiss

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F. Spray the baking dish with cooking spray.
- ☐ In a medium saucepan, melt the butter over medium heat.
- ☐ Whisk in the flour and cook, stirring, for 2 minutes.
- ☐ Add in the milk, whisking constantly. Allow the mixture to cook, stirring frequently, until the sauce begins to thicken, about 8 minutes. Turn off the heat and stir in the mustard, garlic, and 1/4 cup shredded cheese.
- ☐ Meanwhile, cut off the woody stems of the endives and make a deep slit into them lengthwise, not quite cutting them in half.
- ☐ Place a small slice of cheese in the center of each endive. Season with salt and pepper and roll each endive in a slice of ham.
- ☐ Place the wrapped endives, seam-side down, in the prepared baking dish.
- ☐ Stir the sauce to blend the cheese into the mixture and pour over the endives. Cover with foil and cook for 25 minutes. Uncover, and add the remaining 1/4 cup shredded cheese. Raise the heat to 400 degrees F and cook for 10 minutes more.
- ☐ Let cool a few minutes before serving.
- ☐ Sprinkle with parsley to garnish.
- ☐ Cook's Note: If Belgian endive is unavailable, substitute small wedges of cabbage and increase the cooking time by 10 minutes.

Nutrition Facts



 PROTEIN **20.29%**  FAT **59.37%**  CARBS **20.34%**

Properties

Glycemic Index:82, Glycemic Load:3.81, Inflammation Score:-7, Nutrition Score:13.839130411977%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 201.77kcal (10.09%), Fat: 13.48g (20.74%), Saturated Fat: 7.01g (43.79%), Carbohydrates: 10.39g (3.46%), Net Carbohydrates: 8.28g (3.01%), Sugar: 4.55g (5.05%), Cholesterol: 43.39mg (14.46%), Sodium: 441.45mg (19.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.74%), Vitamin K: 112.21µg (106.87%), Vitamin A: 1013.3IU (20.27%), Vitamin B1: 0.29mg (19.57%), Phosphorus: 181.31mg (18.13%), Selenium: 10.2µg (14.58%), Vitamin B2: 0.23mg (13.78%), Calcium: 136.97mg (13.7%), Vitamin B12: 0.69µg (11.42%), Potassium: 390.01mg (11.14%), Vitamin B6: 0.21mg (10.45%), Vitamin C: 8.47mg (10.26%), Vitamin B3: 1.74mg (8.71%), Folate: 34.83µg (8.71%), Fiber: 2.11g (8.44%), Zinc: 1.24mg (8.24%), Vitamin D: 1.2µg (8.02%), Magnesium: 30.37mg (7.59%), Manganese: 0.14mg (6.9%), Vitamin B5: 0.61mg (6.06%), Iron: 0.97mg (5.36%), Copper: 0.08mg (3.93%), Vitamin E: 0.46mg (3.04%)