

## Braised Endive

submitted by hinklejf



Per serving: 170 Calories • 25.9g Carbs (15.9g Fiber) • 6.8g Fat • 6.5g Protein

## Ingredients

*Ingredients scaled to: 2 serving*

- 1 dash **Pepper** (0.10 grams)
- 1 dash **Salt** (0.40 grams)
- 1 tbsp **Butter** (14.2 grams)
- 1 tbsp **Honey** (21 grams)
- 1/2 cup **Water** (118 grams)
- 2 head **Endive** (1 kg)

## Directions

*Directions are based on the original recipe of 2 servings*

1. In a pan, mix all ingredients except endive.
2. Slice endive lengthwise and add in the pan cut-side down. Simmer until tender.