



WHATSheATE



HEALTH SCORE

89%

Braised Escarole with Currants and Pine Nuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



146 kcal

SIDE DISH

Ingredients



3 tablespoons currants dried



2 pounds endive cored halved lengthwise



4 garlic clove thinly sliced



3 tablespoons olive oil extra virgin extra-virgin



3 tablespoons pinenuts toasted



2 tablespoons water

Equipment



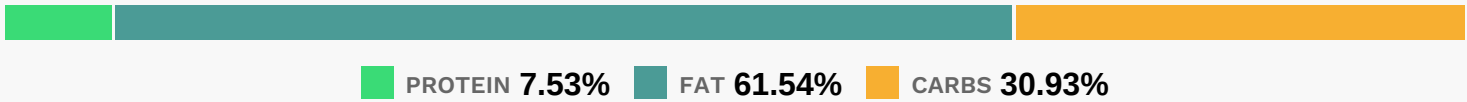
bowl

- ☐ frying pan
- ☐ pot

Directions

- ☐ Combine currants and water in small bowl.
- ☐ Let stand 30 minutes.
- ☐ Drain.
- ☐ Transfer currants to medium bowl.
- ☐ Cook escarole in batches in large pot of boiling water just until wilted, about 2 minutes.
- ☐ Drain; cool under cold running water.
- ☐ Drain again; squeeze to remove excess water.
- ☐ Combine with currants.
- ☐ Heat oil in large skillet over medium-high heat.
- ☐ Add garlic; sauté just until beginning to color, about 2 minutes.
- ☐ Add escarole mixture and pine nuts.
- ☐ Sprinkle with salt and pepper. Sauté until escarole is heated through, about 5 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:1.72, Inflammation Score:-10, Nutrition Score:19.273912821127%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 15.28mg, Kaempferol: 15.28mg, Kaempferol: 15.28mg, Kaempferol: 15.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 145.96kcal (7.3%), Fat: 10.75g (16.54%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 12.16g (4.05%), Net Carbohydrates: 6.91g (2.51%), Sugar: 5.25g (5.83%), Cholesterol: 0mg (0%), Sodium: 37.32mg (1.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin K: 356.46µg (339.48%), Vitamin A: 3283.55IU (65.67%), Manganese: 1.14mg (57.19%), Folate: 217.21µg (54.3%), Fiber: 5.24g (20.98%), Potassium: 570.97mg (16.31%), Vitamin E: 2.15mg (14.33%), Vitamin B5: 1.39mg (13.92%), Vitamin C: 10.84mg (13.14%), Copper: 0.24mg (12.24%), Zinc: 1.57mg (10.46%), Vitamin B1: 0.16mg (10.34%), Iron: 1.75mg (9.7%), Magnesium: 38.48mg (9.62%), Calcium: 89.86mg (8.99%), Phosphorus: 81.57mg (8.16%), Vitamin B2: 0.14mg (8.09%), Vitamin B3: 0.96mg (4.8%), Vitamin B6: 0.08mg (4.1%)