



Braised Escarole with Garlic and Lemon

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 2 cups chicken broth
- ☐ 1 head endive
- ☐ 4 garlic cloves sliced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.5 optional: lemon cut in thin slices
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 teaspoon pepper flakes red

- ☐ 1 pinch sugar
- ☐ 1 tablespoon butter unsalted

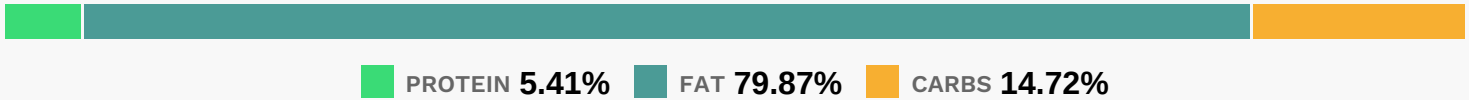
Equipment

- ☐ frying pan

Directions

- ☐ Break off the leaves of the escarole and wash them individually, taking care to remove any soil at the base of the stems. Shake the leaves dry, stack them up, and slice the escarole crosswise into ribbons about 1 1/2-inches wide.
- ☐ Place a large deep skillet over medium heat and add the olive oil and butter. Toss in the garlic, red pepper flakes, bay leaves, and lemon slices; cook and stir for a couple of minutes, tossing to combine. Nestle the escarole into the pan and saute until it begins to wilt and shrink down, about 2 minutes.
- ☐ Sprinkle the escarole with a pinch of sugar and season with salt and pepper.
- ☐ Pour in the water and cover the pan. Simmer for 20 minutes until the escarole is tender.

Nutrition Facts



Properties

Glycemic Index:50.65, Glycemic Load:0.82, Inflammation Score:-9, Nutrition Score:15.872608675905%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 11.37mg, Kaempferol: 11.37mg, Kaempferol: 11.37mg, Kaempferol: 11.37mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 181.07kcal (9.05%), Fat: 16.91g (26.02%), Saturated Fat: 3.75g (23.42%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 2.96g (1.08%), Sugar: 1.42g (1.58%), Cholesterol: 9.88mg (3.29%), Sodium: 466.24mg (20.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.15%), Vitamin K: 268.73µg (255.93%), Vitamin A:

2608.69IU (52.17%), Folate: 161.61µg (40.4%), Manganese: 0.6mg (30.1%), Vitamin C: 15.43mg (18.7%), Vitamin E: 2.69mg (17.91%), Fiber: 4.05g (16.22%), Potassium: 412.51mg (11.79%), Vitamin B5: 1.07mg (10.74%), Vitamin B2: 0.16mg (9.63%), Vitamin B1: 0.13mg (8.47%), Calcium: 74.8mg (7.48%), Copper: 0.15mg (7.38%), Iron: 1.3mg (7.22%), Zinc: 1.03mg (6.87%), Magnesium: 20.55mg (5.14%), Phosphorus: 44.75mg (4.48%), Vitamin B3: 0.77mg (3.87%), Vitamin B6: 0.08mg (3.85%), Selenium: 1.27µg (1.81%)