



Escarole and Edamame Salad

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



271 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups edamame frozen shelled (soybeans; 9 ounces)
- ☐ 8 cups endive trimmed very thin
- ☐ 0.3 cup mint leaves fresh finely chopped
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.7 cup parmesan finely grated
- ☐ 1 tablespoon red-wine vinegar
- ☐ 0.8 teaspoon salt

☐

0.5 teaspoon sugar

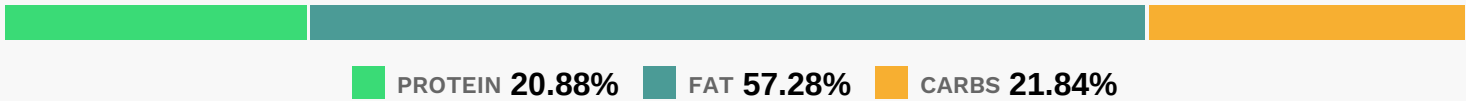
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ sieve

Directions

- ☐ Cook edamame in a 3-quart pot of boiling salted water5 minutes.
- ☐ Drain in a sieve and rinse under cold running water to stop cooking.
- ☐ Drain edamame again and pat dry.
- ☐ Whisk together vinegar, sugar, salt, and pepper in a small bowl until sugar and salt are dissolved.
- ☐ Add oil in a slow stream, whisking until combined.
- ☐ Toss together edamame, escarole, and mint in a large bowl.
- ☐ Add cheese and drizzle salad with dressing, then toss again.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.52, Glycemic Load:0.62, Inflammation Score:-9, Nutrition Score:17.494347771873%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 10.1mg, Kaempferol: 10.1mg, Kaempferol: 10.1mg, Kaempferol: 10.1mg

Nutrients (% of daily need)

Calories: 270.73kcal (13.54%), Fat: 17.52g (26.95%), Saturated Fat: 4.24g (26.52%), Carbohydrates: 15.03g (5.01%), Net Carbohydrates: 8.6g (3.13%), Sugar: 2.88g (3.2%), Cholesterol: 11.33mg (3.78%), Sodium: 726.73mg (31.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.36g (28.73%), Vitamin K: 237.81µg (226.48%), Vitamin A: 2457.15IU (49.14%), Folate: 147.46µg (36.87%), Calcium: 320.6mg (32.06%), Fiber: 6.43g (25.71%), Manganese: 0.49mg (24.31%), Potassium: 688mg (19.66%), Iron: 3.25mg (18.04%), Phosphorus: 146.9mg (14.69%), Vitamin E: 1.99mg (13.27%), Vitamin B5: 0.99mg (9.9%), Vitamin C: 7.71mg (9.35%), Zinc: 1.29mg (8.62%), Vitamin B2: 0.14mg (8.27%), Magnesium: 25.71mg (6.43%), Vitamin B1: 0.09mg (5.98%), Copper: 0.12mg (5.95%), Selenium: 3.96µg (5.66%), Vitamin B12: 0.2µg (3.33%), Vitamin B3: 0.51mg (2.55%), Vitamin B6: 0.04mg (2.02%)