



Escarole & Bean Sauté



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 15 ounce .5 can cannellini beans rinsed drained canned
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 pound endive chopped
- ☐ 4 teaspoons garlic fresh minced
- ☐ 2 teaspoons juice of lemon
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 teaspoons olive oil extra-virgin

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water

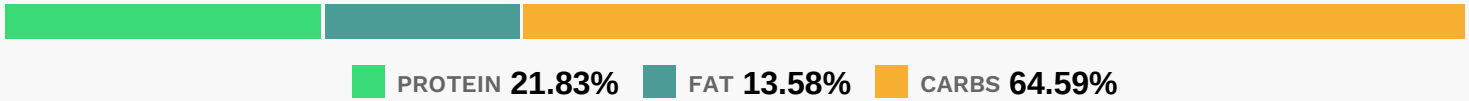
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium–high heat. Gradually add escarole, and cook 1 minute.
- ☐ Add water; cover. Cook for 30 seconds, and uncover.
- ☐ Add garlic, crushed red pepper, salt, and beans. Cook for 2 minutes.
- ☐ Add lemon rind, lemon juice, and black pepper.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:3.88, Inflammation Score:–8, Nutrition Score:15.852608691091%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 7.64mg, Kaempferol: 7.64mg, Kaempferol: 7.64mg, Kaempferol: 7.64mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 109.62kcal (5.48%), Fat: 1.73g (2.66%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 18.52g (6.17%), Net Carbohydrates: 12.62g (4.59%), Sugar: 0.48g (0.54%), Cholesterol: 0mg (0%), Sodium: 120.72mg (5.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.52%), Vitamin K: 177.84µg (169.37%), Folate: 153.92µg (38.48%), Manganese: 0.73mg (36.49%), Vitamin A: 1688.54IU (33.77%), Fiber: 5.91g (23.63%), Potassium: 573.81mg (16.39%), Iron: 2.83mg (15.72%), Copper: 0.25mg (12.51%), Magnesium: 48.63mg (12.16%), Calcium: 96.5mg (9.65%), Zinc: 1.43mg (9.5%), Phosphorus: 89.53mg (8.95%), Vitamin B1: 0.13mg (8.91%), Vitamin B5: 0.83mg (8.29%), Vitamin C: 6.61mg (8.02%), Vitamin E: 1.15mg (7.69%), Vitamin B2: 0.09mg (5.14%), Vitamin B6: 0.1mg (4.91%), Selenium: 1.61µg (2.3%), Vitamin B3: 0.42mg (2.1%)