



Escarole Salad with Olives



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 cup calamata olives pitted
- ☐ 12 oz bite-size pieces and crisped escarole rinsed
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 servings salt and pepper to taste
- ☐ 1 clove garlin minced
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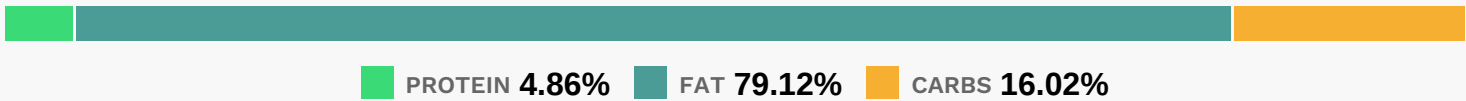
Equipment

☐ bowl

Directions

- ☐ In a bowl, mix 2 quarts bite-size pieces rinsed and crisped escarole (12 oz) with 1/4 cup pitted calamata olives, 2 tablespoons extra-virgin olive oil, 1 tablespoon balsamic vinegar, and 1 clove garlic, peeled and pressed or minced.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:0.44, Inflammation Score:-8, Nutrition Score:11.635652172825%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 8.59mg, Kaempferol: 8.59mg, Kaempferol: 8.59mg, Kaempferol: 8.59mg

Nutrients (% of daily need)

Calories: 92.09kcal (4.6%), Fat: 8.46g (13.02%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.86g (0.95%), Cholesterol: 0mg (0%), Sodium: 345.19mg (15.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin K: 200.79µg (191.23%), Vitamin A: 1876.16IU (37.52%), Folate: 121.02µg (30.26%), Manganese: 0.36mg (18.15%), Fiber: 2.91g (11.66%), Vitamin E: 1.7mg (11.36%), Potassium: 275.19mg (7.86%), Vitamin B5: 0.77mg (7.67%), Vitamin C: 5.53mg (6.7%), Calcium: 49.88mg (4.99%), Copper: 0.1mg (4.78%), Vitamin B1: 0.07mg (4.65%), Iron: 0.82mg (4.54%), Zinc: 0.68mg (4.53%), Vitamin B2: 0.06mg (3.79%), Magnesium: 14.17mg (3.54%), Phosphorus: 24.91mg (2.49%), Vitamin B3: 0.36mg (1.8%)