

Escarole Soup with Caesar Croutons

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



978 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 anchovies
- ☐ 0.5 loaf brioche bread white
- ☐ 28 ounce .5 can cannellini beans canned
- ☐ 6 cups chicken stock see
- ☐ 2 heads endive coarsely chopped
- ☐ 0.3 cup evoo
- ☐ 2 tablespoons evoo
- ☐ 2 cloves garlic finely chopped

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- ☐ 0.5 juice of lemon
- ☐ 1 lemon zest
- ☐ 4 servings little nutmeg freshly grated
- ☐ 1 medium onion chopped
- ☐ 1 cup pecorino cheese shredded
- ☐ 4 servings cracked pepper black
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 tablespoon worcestershire sauce

Equipment

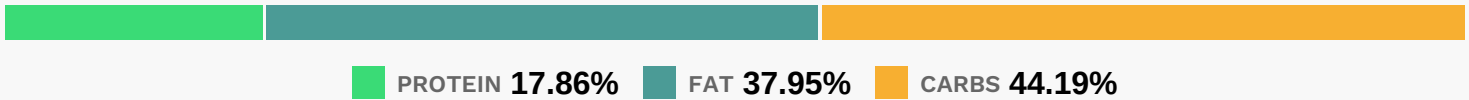
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Place a wire rack over a baking sheet. Trim the crust from the bread and cut it into 1 1/2-inch cubes.
- ☐ Spread the bread cubes on the rack and toast in the oven until light golden, 12 to 15 minutes.
- ☐ In a small pot, heat the EVOO with the anchovies over medium-low heat. When the anchovies melt into the oil, stir in the Worcestershire sauce, garlic and lemon juice, then remove from the heat.
- ☐ Place the croutons in a bowl, pour the dressing over them and toss to coat.
- ☐ Sprinkle with cheese and season liberally with pepper.
- ☐ Spread the croutons on the baking sheet and return to the oven until they are deep golden and the cheese has set, 7 to 10 minutes.

- ☐ Heat the EVOO in a soup pot over medium heat.
- ☐ Add the garlic and onions, and season with salt and pepper. Cook until softened, 5 to 6 minutes.
- ☐ Add the escarole and cook until wilted, then season with salt, pepper and nutmeg.
- ☐ Add the chicken stock, beans and lemon zest. Simmer at a low boil until the greens are tender and no longer bitter.
- ☐ Serve topped with the Caesar croutons.
- ☐ Cooks' Note: If you are making the soup ahead of time, cool and store it in the refrigerator. Cool the croutons and store them in foil in a cool, dry place. Reheat the soup over medium heat and reheat the croutons in a foil pouch if you wish to serve them warm.

Nutrition Facts



Properties

Glycemic Index:87.67, Glycemic Load:33.54, Inflammation Score:-10, Nutrition Score:54.969565088334%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 22.91mg, Kaempferol: 22.91mg, Kaempferol: 22.91mg, Kaempferol: 22.91mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 977.85kcal (48.89%), Fat: 41.81g (64.33%), Saturated Fat: 10.29g (64.34%), Carbohydrates: 109.52g (36.51%), Net Carbohydrates: 88.48g (32.18%), Sugar: 14.23g (15.81%), Cholesterol: 37.65mg (12.55%), Sodium: 1564.59mg (68.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.28g (88.56%), Vitamin K: 546.48µg (520.46%), Manganese: 3.14mg (157.18%), Folate: 548.76µg (137.19%), Vitamin A: 5000.14IU (100%), Fiber: 21.04g (84.17%), Iron: 12.42mg (68.98%), Calcium: 670.27mg (67.03%), Phosphorus: 662.97mg (66.3%), Potassium: 2233.3mg (63.81%), Vitamin B3: 11.9mg (59.51%), Vitamin B1: 0.89mg (59.09%), Selenium: 40.97µg (58.53%), Copper: 1.07mg (53.32%), Vitamin B2: 0.88mg (51.64%), Magnesium: 203.49mg (50.87%), Vitamin E: 6.54mg (43.6%), Zinc: 6.2mg (41.32%), Vitamin B5: 3.27mg (32.67%), Vitamin B6: 0.61mg (30.45%), Vitamin C: 22.48mg (27.25%), Vitamin B12: 0.29µg (4.81%)