

food
network



HEALTH SCORE

69%

Escarole with Currants and Honey



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



28 min.

SERVINGS



6

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons currants
- ☐ 2 heads endive dried rinsed cleaned
- ☐ 2 tablespoons honey
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 1 onion red sliced thin
- ☐ 6 servings salt and pepper black freshly ground

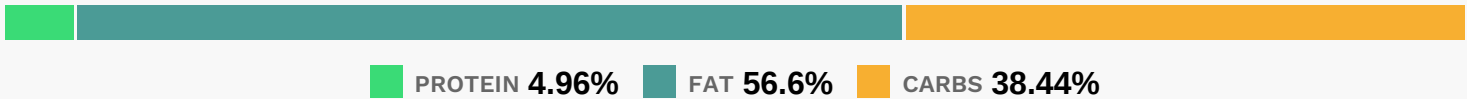
Equipment

- ☐ frying pan

Directions

- ☐ In a 12 to 14-inch saute pan, heat olive oil over medium heat until smoking.
- ☐ Add escarole and stir vigorously to coat entirely with oil.
- ☐ Add onion and cook until cooked through, about 3 minutes.
- ☐ Add honey and currants and cook until all liquid has evaporated. Season with salt and pepper.;

Nutrition Facts



Properties

Glycemic Index:30.21, Glycemic Load:4.93, Inflammation Score:-10, Nutrition Score:17.753043361332%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 15.27mg, Kaempferol: 15.27mg, Kaempferol: 15.27mg, Kaempferol: 15.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 179.25kcal (8.96%), Fat: 12g (18.47%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 18.34g (6.11%), Net Carbohydrates: 13.01g (4.73%), Sugar: 11.57g (12.86%), Cholesterol: 0mg (0%), Sodium: 37.49mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.73%), Vitamin K: 354.01µg (337.15%), Vitamin A: 3256.89IU (65.14%), Folate: 217.39µg (54.35%), Manganese: 0.71mg (35.36%), Fiber: 5.33g (21.32%), Potassium: 561.13mg (16.03%), Vitamin E: 2.35mg (15.69%), Vitamin C: 11.49mg (13.93%), Vitamin B5: 1.38mg (13.82%), Vitamin B1: 0.14mg (9.37%), Copper: 0.18mg (9.09%), Calcium: 89.8mg (8.98%), Iron: 1.53mg (8.49%), Zinc: 1.26mg (8.4%), Vitamin B2: 0.13mg (7.7%), Magnesium: 27.34mg (6.84%), Phosphorus: 55.18mg (5.52%), Vitamin B6: 0.08mg (3.81%), Vitamin B3: 0.75mg (3.76%)