



Escarole with Lemon Bread Crumbs

 Vegetarian

READY IN



17 min.

SERVINGS



4

CALORIES



372 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bread crumbs
- ☐ 3 tablespoons butter
- ☐ 0.5 cup chicken stock see
- ☐ 2 endive thinly sliced
- ☐ 2 green onions finely chopped
- ☐ 4 servings drizzle honey
- ☐ 2 lemon zest
- ☐ 9 servings grates nutmeg

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 servings salt and pepper black freshly ground

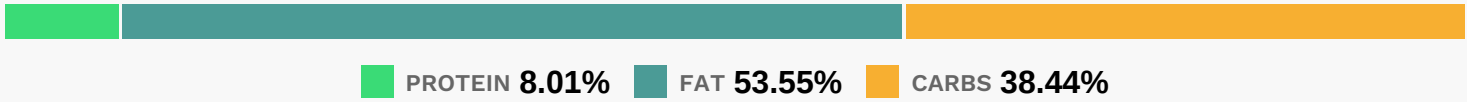
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon olive oil and the butter in a skillet over medium heat, when butter melts add bread crumbs, onions and lemon zest. Toast the bread crumbs until golden, transfer to a bowl and return pan to heat.
- ☐ Add remaining 2 tablespoons olive oil to the pan and then add the escarole. Turn escarole in oil to wilt, then season with salt, pepper and nutmeg.
- ☐ Add the stock and honey and simmer over low heat 2 to 3 minutes to mellow greens a bit. Squeeze the juice of 1/2 lemon over greens, top with the bread crumb mixture and serve.

Nutrition Facts



Properties

Glycemic Index:70.32, Glycemic Load:4.26, Inflammation Score:-10, Nutrition Score:29.150000204211%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 22.81mg, Kaempferol: 22.81mg, Kaempferol: 22.81mg, Kaempferol: 22.81mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 372.29kcal (18.61%), Fat: 22.91g (35.25%), Saturated Fat: 8.55g (53.42%), Carbohydrates: 37.01g (12.34%), Net Carbohydrates: 27.37g (9.95%), Sugar: 10.01g (11.12%), Cholesterol: 23.48mg (7.82%), Sodium: 359.92mg (15.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.42%), Vitamin K: 541.23µg (515.46%), Vitamin A: 5205.5IU (104.11%), Folate: 358.01µg (89.5%), Manganese: 1.35mg (67.58%), Fiber: 9.64g (38.56%), Vitamin B1: 0.47mg (31.53%), Vitamin C: 19.85mg (24.06%), Potassium: 835.62mg (23.87%), Vitamin B5: 2.21mg (22.06%), Iron: 3.58mg (19.91%), Vitamin B2: 0.32mg (18.78%), Vitamin E: 2.82mg (18.78%), Calcium: 187.42mg (18.74%), Copper: 0.37mg (18.28%), Vitamin B3: 3.28mg (16.41%), Zinc: 2.36mg (15.76%), Magnesium: 56.97mg (14.24%), Phosphorus:

130.77mg (13.08%), Selenium: 8.21µg (11.73%), Vitamin B6: 0.11mg (5.71%), Vitamin B12: 0.11µg (1.87%)