



Grilled Escarole



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon canola oil
- ☐ 1 head endive
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 shallots chopped

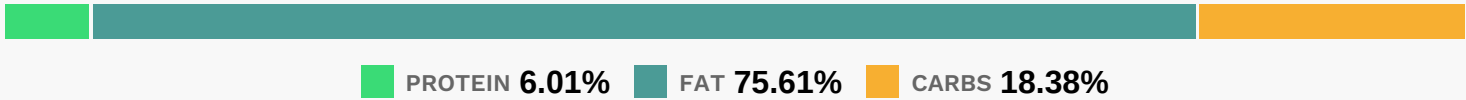
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Cut escarole into quarters, leaving stem intact. Lightly brush escarole with oil, and sprinkle with salt and pepper.
- ☐ Grill escarole, covered with grill lid, 1 to 2 minutes on each side or until leaves are slightly charred.
- ☐ Remove from grill.
- ☐ Cut escarole into large diamond shapes or long strips; remove and discard stem.
- ☐ Melt butter in a large saucepan over medium heat.
- ☐ Add escarole, garlic, and shallot; saut 2 minutes. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:0.47, Inflammation Score:-9, Nutrition Score:14.079565033317%

Flavonoids

Kaempferol: 11.36mg, Kaempferol: 11.36mg, Kaempferol: 11.36mg, Kaempferol: 11.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 106.19kcal (5.31%), Fat: 9.42g (14.49%), Saturated Fat: 3.91g (24.46%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.79g (0.87%), Cholesterol: 15.05mg (5.02%), Sodium: 216.01mg (9.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.37%), Vitamin K: 263.13µg (250.6%), Vitamin A: 2613.81IU (52.28%), Folate: 162.13µg (40.53%), Manganese: 0.52mg (25.98%), Fiber: 3.73g (14.94%), Potassium: 380.5mg (10.87%), Vitamin B5: 1.04mg (10.45%), Vitamin C: 8.05mg (9.75%), Vitamin E: 1.27mg (8.5%), Calcium: 64.49mg (6.45%), Vitamin B1: 0.1mg (6.38%), Zinc: 0.93mg (6.2%), Copper: 0.12mg (6.04%), Iron: 1.04mg (5.76%), Vitamin B2: 0.09mg (5.24%), Magnesium: 18.73mg (4.68%), Phosphorus: 38.28mg (3.83%), Vitamin B6: 0.05mg (2.7%), Vitamin B3: 0.47mg (2.36%)