



Italian-Style Escarole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 pound endive chopped
- ☐ 1 teaspoon garlic fresh minced
- ☐ 0.3 cup golden raisins
- ☐ 4 ounces mustard greens chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 teaspoon salt

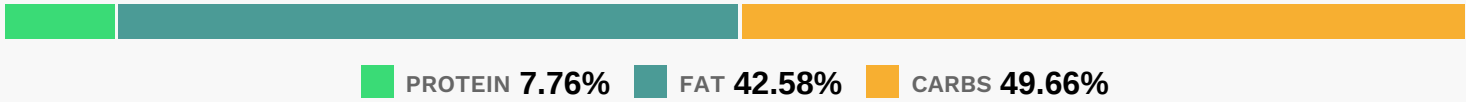
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add garlic; saut 45 seconds, stirring constantly. Stir in raisins; cook 1 minute.
- ☐ Add escarole and mustard greens; saut 5 minutes or until greens are slightly wilted, tossing occasionally.
- ☐ Remove from heat, and stir in salt, pepper, and nutmeg, if desired.

Nutrition Facts



Properties

Glycemic Index:48.92, Glycemic Load:4.12, Inflammation Score:-8, Nutrition Score:10.633913058302%

Flavonoids

Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg Kaempferol: 13.97mg, Kaempferol: 13.97mg, Kaempferol: 13.97mg, Kaempferol: 13.97mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 72.06kcal (3.6%), Fat: 3.72g (5.73%), Saturated Fat: 0.51g (3.22%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 7.59g (2.76%), Sugar: 5.82g (6.46%), Cholesterol: 0mg (0%), Sodium: 158.55mg (6.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.05%), Vitamin K: 141.17µg (134.45%), Vitamin A: 1472.03IU (29.44%), Vitamin C: 22.21mg (26.92%), Folate: 43.96µg (10.99%), Fiber: 2.18g (8.72%), Manganese: 0.17mg (8.39%), Vitamin E: 1.21mg (8.07%), Potassium: 269.39mg (7.7%), Copper: 0.11mg (5.55%), Calcium: 53.91mg (5.39%), Iron: 0.9mg (5.01%), Vitamin B6: 0.1mg (4.77%), Magnesium: 16.79mg (4.2%), Vitamin B2: 0.07mg (4.16%), Phosphorus: 36.05mg (3.6%), Vitamin B5: 0.33mg (3.33%), Vitamin B1: 0.05mg (3.18%), Vitamin B3: 0.45mg (2.25%), Zinc: 0.33mg (2.22%)