



WHATSheATE



HEALTH SCORE

100%

Quick Sauteed Endive, Escarole, and Frisée



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



35 min.

SERVINGS



8

CALORIES



279 kcal

SIDE DISH

Ingredients



1 pound discolored leaves and remainder cut crosswise into 1-inch pieces trimmed (including ribs) (10 cups)



4 cups belgian endive (2 to 4)



0.5 teaspoon pepper black



4 teaspoons juice of lemon fresh



6 tablespoons olive oil extra-virgin



1 teaspoon salt

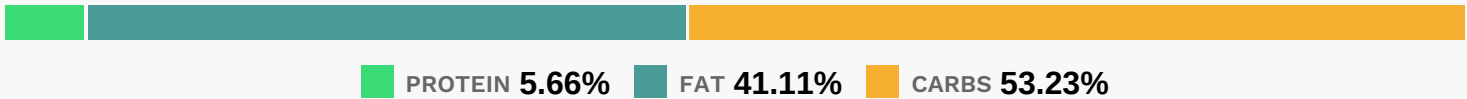
Equipment

- ☐ frying pan
- ☐ spatula
- ☐ tongs

Directions

- ☐ Toss greens together, then divide into 2 batches.
- ☐ Heat 3 tablespoons oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then add 1 batch of greens, 1/2 teaspoon salt, and 1/40 teaspoon pepper and sauté, tossing with 2 wooden spatulas or tongs, until evenly wilted but still crunchy, about 2 minutes.
- ☐ Remove from heat and add 2 teaspoons lemon juice, tossing to coat.
- ☐ Transfer to a serving dish.
- ☐ Repeat procedure with remaining oil, greens, salt, pepper, and lemon juice.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.02, Inflammation Score:-10, Nutrition Score:26.356086935686%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 278.8kcal (13.94%), Fat: 15.3g (23.53%), Saturated Fat: 2.76g (17.22%), Carbohydrates: 44.56g (14.85%), Net Carbohydrates: 28.21g (10.26%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 304.89mg (13.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.48%), Manganese: 4.69mg (234.63%), Iron: 24.56mg (136.47%), Vitamin A: 3520.72IU (70.41%), Fiber: 16.35g (65.38%), Vitamin B6: 1.01mg (50.35%), Calcium: 482.41mg (48.24%), Vitamin C: 28.59mg (34.66%), Folate: 119.23µg (29.81%), Magnesium: 72.91mg (18.23%), Vitamin B2: 0.25mg (14.79%), Zinc: 2.17mg (14.49%), Copper: 0.26mg (13.06%), Potassium: 399.29mg (11.41%), Vitamin E: 1.52mg (10.11%), Phosphorus: 76.17mg (7.62%), Vitamin K: 6.53µg (6.21%), Vitamin B3: 1.21mg (6.06%), Selenium: 1.69µg (2.41%), Vitamin B1: 0.03mg (2.25%)