



Roulade of Potatoes and Escarole: Involtino di Patate e Escarole

READY IN



105 min.

SERVINGS



6

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds baking potatoes
- ☐ 6 eggs slightly beaten
- ☐ 1 pound endive washed drained finely chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 small onion finely chopped
- ☐ 0.5 cup parmigiano-reggiano freshly grated
- ☐ 6 servings salt
- ☐ 1 cup unbleached flour

- ☐ 6 tablespoons butter unsalted melted
- ☐ 2 quarts water
- ☐ 0.1 teaspoon pepper white

Equipment

- ☐ frying pan
- ☐ pot
- ☐ cheesecloth

Directions

- ☐ Cook the potatoes in lightly salted water to cover until the potatoes are very soft.
- ☐ Drain and allow to cool slightly, then peel, mash by hand and let cool further.
- ☐ Add 1-teaspoon salt, the flour and eggs and mix well to form a smooth paste.
- ☐ Spread this mixture onto a sheet of clean cheesecloth, to form a rectangle measuring 15 by 12 inches.
- ☐ In a large skillet, heat the oil over high heat.
- ☐ Add the onion and cook until soft.
- ☐ Add the escarole, pepper and 1/2-teaspoon salt and cook, stirring, for 5 minutes, or until most of the moisture has evaporated.
- ☐ Spread this mixture over the potato rectangle, leaving a 1/2-inch margin on the perimeter.
- ☐ Roll the short way, using the cheesecloth as a rolling tool, so that the potato rectangle is shaped like a jelly roll. Wrap the roll in the cheesecloth and fasten the ends with string.
- ☐ In a fish poacher or pot large enough to hold the roll, bring 2 quarts of water to a boil and add 1-tablespoon salt. Gently lower the roll into the water and return to the boil. Lower to a simmer, and cover. Cook 45 minutes to 1 hour.
- ☐ Transfer the roll to a warm dish and let rest 10 minutes.
- ☐ Remove the cheesecloth, cut the roll into 12 slices and drizzle the melted butter and cheese over.

Nutrition Facts



 **PROTEIN 13.57%**  **FAT 45.43%**  **CARBS 41%**

Properties

Glycemic Index:41.79, Glycemic Load:31.68, Inflammation Score:-9, Nutrition Score:24.521304337875%

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 Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 7.71mg, Kaempferol: 7.71mg, Kaempferol: 7.71mg, Kaempferol: 7.71mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 449.52kcal (22.48%), Fat: 22.99g (35.37%), Saturated Fat: 10.71g (66.95%), Carbohydrates: 46.68g (15.56%), Net Carbohydrates: 41.66g (15.15%), Sugar: 1.92g (2.14%), Cholesterol: 199.45mg (66.48%), Sodium: 432.25mg (18.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.45g (30.9%), Vitamin K: 181.53µg (172.88%), Vitamin A: 2292.93IU (45.86%), Folate: 159.3µg (39.82%), Manganese: 0.75mg (37.59%), Selenium: 24.61µg (35.16%), Vitamin B6: 0.64mg (32.07%), Potassium: 977.6mg (27.93%), Phosphorus: 276.3mg (27.63%), Vitamin B2: 0.36mg (20.93%), Calcium: 201.18mg (20.12%), Fiber: 5.02g (20.07%), Vitamin B5: 1.97mg (19.69%), Copper: 0.36mg (18.03%), Vitamin C: 14.4mg (17.46%), Iron: 3.01mg (16.75%), Magnesium: 64.91mg (16.23%), Vitamin B1: 0.23mg (15.2%), Zinc: 2.07mg (13.83%), Vitamin E: 1.91mg (12.74%), Vitamin B3: 2.15mg (10.75%), Vitamin B12: 0.52µg (8.59%), Vitamin D: 1.13µg (7.54%)