



Sautéed Chicory



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



12

CALORIES



61 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds chicory cut into 2-inch pieces (2 heads)
- ☐ 4 large garlic cloves finely chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 teaspoon red-pepper flakes hot

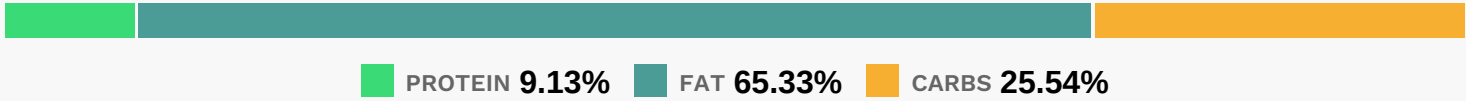
Equipment

- ☐ pot

Directions

- ☐ Wash chicory. Cook in an 8-quart pot of boiling salted water (3 tablespoons salt for 6 quarts water), uncovered, stirring occasionally, until tender, about 5 minutes.
- ☐ Drain well.
- ☐ Dry pot, then heat oil over medium heat until it shimmers. Cook garlic with red-pepper flakes, stirring, until golden, about 1 minute.
- ☐ Add chicory, stirring to coat. Increase heat to medium-high and cook, stirring occasionally, until most of liquid has evaporated, 3 to 5 minutes. Stir in 1/2 teaspoon salt.
- ☐ Chicory can be boiled and drained 1 day ahead, then chilled in a sealable bag.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.22, Inflammation Score:-9, Nutrition Score:13.649565248386%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 11.46mg, Kaempferol: 11.46mg, Kaempferol: 11.46mg, Kaempferol: 11.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 60.78kcal (3.04%), Fat: 4.74g (7.3%), Saturated Fat: 0.68g (4.24%), Carbohydrates: 4.17g (1.39%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.3g (0.33%), Cholesterol: 0mg (0%), Sodium: 26.57mg (1.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Vitamin K: 264.76µg (252.16%), Vitamin A: 2482.14IU (49.64%), Folate: 161.08µg (40.27%), Manganese: 0.49mg (24.72%), Fiber: 3.57g (14.26%), Potassium: 361.75mg (10.34%), Vitamin B5: 1.03mg (10.27%), Vitamin C: 7.68mg (9.31%), Vitamin E: 1.18mg (7.86%), Vitamin B1: 0.09mg (6.2%), Calcium: 61.1mg (6.11%), Zinc: 0.91mg (6.07%), Copper: 0.12mg (5.8%), Iron: 1mg (5.54%), Vitamin B2: 0.09mg (5.11%), Magnesium: 17.38mg (4.35%), Phosphorus: 33.53mg (3.35%), Vitamin B3: 0.47mg (2.35%), Vitamin B6: 0.04mg (1.84%)