



HEALTH SCORE

90%

Sauteed Escarole



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



131 kcal

SIDE DISH

Ingredients



4 lb endive cored coarsely chopped (4 heads)



5 garlic clove thinly sliced



0.3 cup olive oil extra virgin extra-virgin for drizzling



2 oz olive oil dry drained chopped canned



0.5 teaspoon pepper dried red hot

Equipment



pot

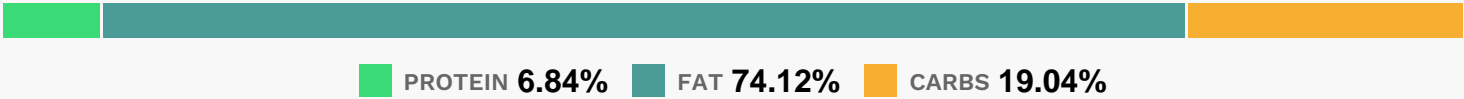


colander

Directions

- ☐ Wash escarole well in a sinkful of water, then lift out and drain. Cook escarole in a 7- to 8-quart heavy pot of boiling salted water until tender, about 10 minutes, then drain in a colander.
- ☐ Heat oil in same pot over moderately high heat until hot but not smoking, then sauté garlic and red pepper flakes, stirring, until garlic is golden, about 1 minute.
- ☐ Add anchovies, then reduce heat to moderate and cook, stirring, until dissolved, about 1 minute.
- ☐ Add escarole, stirring to coat with oil, then increase heat to moderately high and cook, uncovered, stirring occasionally, until escarole is tender and most of liquid is evaporated, 8 to 10 minutes. Season lightly with salt.
- ☐ Spoon onto a platter and drizzle with oil to taste.
- ☐ Escarole can be sautéed (but not drizzled with oil) 1 day ahead and cooled completely, uncovered, then chilled, covered. Reheat in a large pot over moderately low heat, stirring, until hot.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.34, Inflammation Score:-10, Nutrition Score:19.360434858695%

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 Kaempferol: 18.33mg, Kaempferol: 18.33mg, Kaempferol: 18.33mg, Kaempferol: 18.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 131.22kcal (6.56%), Fat: 11.45g (17.62%), Saturated Fat: 1.62g (10.12%), Carbohydrates: 6.62g (2.21%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.48g (0.53%), Cholesterol: 0mg (0%), Sodium: 42.03mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.75%), Vitamin K: 425.91µg (405.63%), Vitamin A: 3961.52IU (79.23%), Folate: 257.71µg (64.43%), Manganese: 0.79mg (39.44%), Fiber: 5.69g (22.76%), Potassium: 577.79mg (16.51%), Vitamin B5: 1.64mg (16.43%), Vitamin E: 2.43mg (16.21%), Vitamin C: 12.26mg (14.86%), Vitamin B1: 0.15mg

(9.89%), Calcium: 97.5mg (9.75%), Zinc: 1.46mg (9.7%), Copper: 0.19mg (9.26%), Iron: 1.61mg (8.95%), Vitamin B2: 0.14mg (8.16%), Magnesium: 27.74mg (6.93%), Phosphorus: 53.4mg (5.34%), Vitamin B3: 0.75mg (3.74%), Vitamin B6: 0.06mg (2.85%)