



## Sauteed Escarole with Shallots and Hot Chili Oil

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



64 kcal

SIDE DISH

### Ingredients

- 2 teaspoons chili oil hot
- 2 tablespoons cider vinegar
- 6 cups endive chopped
- 4 servings salt and ground pepper black
- 2 shallots chopped
- 2 tablespoons sugar

### Equipment

frying pan

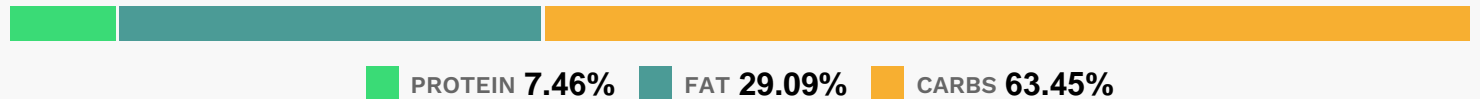
## Directions

Heat oil in a large skillet over medium heat.

Add shallots and saute, about 1 minute.

Add escarole, vinegar and sugar, cover and steam 1 minute, until escarole wilts. Season to taste with salt and black pepper.

## Nutrition Facts



## Properties

Glycemic Index:54.27, Glycemic Load:4.82, Inflammation Score:-8, Nutrition Score:11.05304345359%

## Flavonoids

Kaempferol: 7.57mg, Kaempferol: 7.57mg, Kaempferol: 7.57mg, Kaempferol: 7.57mg

## Nutrients (% of daily need)

Calories: 64.36kcal (3.22%), Fat: 2.18g (3.36%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 10.72g (3.57%), Net Carbohydrates: 7.97g (2.9%), Sugar: 7.19g (7.99%), Cholesterol: 0mg (0%), Sodium: 18.5mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin K: 174.72µg (166.4%), Vitamin A: 1626.3IU (32.53%), Folate: 110.77µg (27.69%), Manganese: 0.38mg (19.16%), Fiber: 2.75g (11%), Potassium: 284.19mg (8.12%), Vitamin B5: 0.71mg (7.13%), Vitamin C: 5.88mg (7.12%), Vitamin B1: 0.07mg (4.51%), Iron: 0.81mg (4.51%), Calcium: 44.67mg (4.47%), Copper: 0.09mg (4.38%), Zinc: 0.65mg (4.32%), Vitamin E: 0.62mg (4.16%), Magnesium: 14.42mg (3.61%), Vitamin B2: 0.06mg (3.53%), Phosphorus: 29.26mg (2.93%), Vitamin B6: 0.06mg (2.92%), Vitamin B3: 0.33mg (1.63%)