



Sautéed Lemon Maple Frisée

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon anchovy paste
- ☐ 0.5 cup breadcrumbs fresh
- ☐ 1 pound salad leaves curly endive
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 teaspoon lemon zest grated
- ☐ 0.5 teaspoon maple syrup pure
- ☐ 3 tablespoons olive oil divided

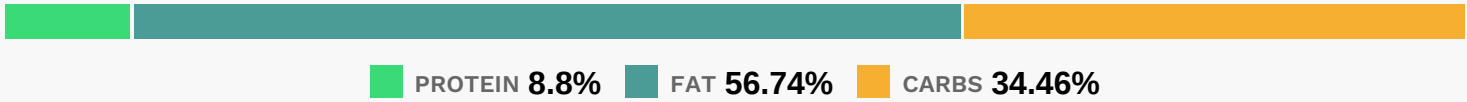
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon oil in a 12-inch heavy skillet over medium heat until it shimmers. Cook bread crumbs until crisp and golden brown, about 4 minutes.
- ☐ Transfer to a bowl and stir in zest and a pinch of salt.
- ☐ Wipe out skillet, then add anchovy paste and remaining 2 Tbsp oil and cook 15 seconds. Increase heat to medium-high and sauté half of frisée until slightly wilted, about 1 minute.
- ☐ Add remaining frisée and sauté until wilted, about 2 minutes more. Off heat, stir in juice, syrup, 1/8 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Serve topped with bread crumbs.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:0.22, Inflammation Score:-10, Nutrition Score:21.393043582854%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg Luteolin: 2.37mg, Luteolin: 2.37mg, Luteolin: 2.37mg Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg

Nutrients (% of daily need)

Calories: 177.95kcal (8.9%), Fat: 11.68g (17.96%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 15.96g (5.32%), Net Carbohydrates: 10.76g (3.91%), Sugar: 2.27g (2.52%), Cholesterol: 0.96mg (0.32%), Sodium: 191.49mg (8.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.15%), Vitamin K: 344.82µg (328.4%), Vitamin A: 6483.83IU (129.68%), Vitamin C: 29.15mg (35.33%), Folate: 140.13µg (35.03%), Manganese: 0.63mg (31.61%), Vitamin E: 4.13mg (27.53%), Fiber: 5.19g (20.78%), Copper: 0.37mg (18.69%), Potassium: 515.39mg (14.73%), Calcium: 142.5mg (14.25%), Vitamin B5: 1.41mg (14.05%), Vitamin B1: 0.2mg (13.41%), Vitamin B2: 0.18mg (10.82%), Magnesium: 41.07mg (10.27%), Iron: 1.79mg (9.95%), Vitamin B3: 1.69mg (8.46%), Phosphorus: 78.75mg (7.88%), Vitamin B6: 0.14mg (7%), Selenium: 4.51µg (6.45%), Zinc: 0.71mg (4.72%)