

food
network



HEALTH SCORE

63%

Scafata of Lima Beans and Escarole



Gluten Free



Dairy Free



Very Healthy

READY IN

**35 min.**

SERVINGS

**4**

CALORIES

**738 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon pepper black freshly ground
- ☐ 0.5 medium carrots shredded finely
- ☐ 1 teaspoon chilies crushed
- ☐ 0.5 bunch endive cut into 1/2 inch ribbons
- ☐ 4 tablespoons thyme leaves dried fresh or 2 tablespoons
- ☐ 4 cloves garlic thinly sliced
- ☐ 1 pound lima beans or fresh shelled cooked
- ☐ 0.5 medium onion spanish thinly sliced

- ☐ 1 onion spanish cut into 1/4-inch dice
- ☐ 4 ounces pancetta chopped
- ☐ 4 servings salt to taste
- ☐ 56 ounce tomatoes mixed with their juices crushed well canned
- ☐ 3 ounces virgin olive oil
- ☐ 4 tablespoons virgin olive oil

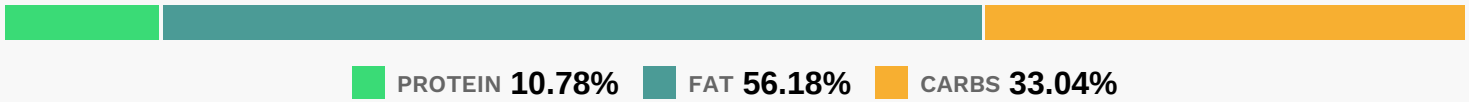
Equipment

- ☐ frying pan

Directions

- ☐ In a 12 to 14 inch saute pan, heat olive oil and pancetta until pancetta is soft and translucent.
- ☐ Add onion, chilies and lima beans and cook until onion softens, about 8 to 10 minutes.
- ☐ Add escarole, tomato sauce and pepper and cook until wilted and soft.
- ☐ Serve immediately.
- ☐ Saute the onion and garlic in the olive oil over medium heat until translucent, but not brown (about 10 minutes).
- ☐ Add the thyme and carrot and cook 5 minutes more.
- ☐ Add the tomatoes. Bring to a boil, lower the heat to just bubbling, stirring occasionally for 30 minutes. Season with salt to taste.
- ☐ Serve immediately, or set aside for further use. The sauce may be refrigerated for up to one week or frozen for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:80.58, Glycemic Load:14.76, Inflammation Score:-10, Nutrition Score:46.697826426962%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 6.77mg, Kaempferol: 6.77mg, Kaempferol: 6.77mg, Kaempferol: 6.77mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

Nutrients (% of daily need)

Calories: 737.65kcal (36.88%), Fat: 48.61g (74.79%), Saturated Fat: 9.08g (56.74%), Carbohydrates: 64.33g (21.44%), Net Carbohydrates: 44g (16%), Sugar: 23.2g (25.77%), Cholesterol: 18.71mg (6.24%), Sodium: 932.48mg (40.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.99g (41.98%), Vitamin K: 265.09µg (252.47%), Manganese: 2.21mg (110.35%), Fiber: 20.32g (81.29%), Iron: 13.98mg (77.67%), Vitamin A: 3700.43IU (74.01%), Vitamin E: 11.03mg (73.54%), Folate: 257.65µg (64.41%), Potassium: 2150.01mg (61.43%), Vitamin C: 48.92mg (59.29%), Copper: 1.15mg (57.64%), Vitamin B6: 1mg (49.8%), Vitamin B1: 0.66mg (44.19%), Magnesium: 158.61mg (39.65%), Vitamin B3: 7.1mg (35.49%), Phosphorus: 341.82mg (34.18%), Calcium: 289.31mg (28.93%), Vitamin B5: 2.43mg (24.29%), Zinc: 3.38mg (22.55%), Vitamin B2: 0.38mg (22.26%), Selenium: 14.21µg (20.31%), Vitamin B12: 0.14µg (2.36%)