



 **60%**  
HEALTH SCORE

## Warm Escarole and Mushroom Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



8

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 servings pepper black freshly ground
- 1 medium head endive dried cleaned
- 1 teaspoon thyme sprigs fresh minced
- 2 medium garlic clove finely chopped
- 1 pound mushrooms cleaned quartered (such as shiitake, button, or cremini)
- 0.3 cup olive oil
- 5 tablespoons red wine vinegar
- 8 servings salt

1 large shallots thinly sliced

## Equipment

bowl

frying pan

## Directions

Place the escarole in a large, nonreactive bowl and set aside.

Heat the oil in a large frying pan over high heat. When the oil smokes, add the mushrooms, garlic, shallot, and thyme and season generously with salt and pepper. Cook, stirring occasionally, until the mushrooms are browned and tender, about 5 to 6 minutes.

Remove the pan from heat and transfer the mushrooms to the bowl with the escarole.

Pour the vinegar into the pan. Stir, scraping up any browned bits from the bottom of the pan, then pour over the salad. Toss all the ingredients together, season with additional salt and pepper, and serve.

## Nutrition Facts



**PROTEIN 11.26%** **FAT 68.65%** **CARBS 20.09%**

## Properties

Glycemic Index:26.75, Glycemic Load:0.69, Inflammation Score:-8, Nutrition Score:12.891739031543%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 5.68mg, Kaempferol: 5.68mg, Kaempferol: 5.68mg, Kaempferol: 5.68mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 87.36kcal (4.37%), Fat: 7.07g (10.88%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 2.17g (0.79%), Sugar: 1.52g (1.69%), Cholesterol: 0mg (0%), Sodium: 210.43mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin K: 134.2µg (127.81%), Vitamin A: 1231.55IU (24.63%), Folate: 90.73µg (22.68%), Vitamin B2: 0.27mg (16.05%), Manganese: 0.31mg (15.32%), Vitamin B5: 1.37mg (13.71%), Copper: 0.24mg (12.24%), Vitamin B3: 2.29mg (11.45%), Potassium: 376.99mg (10.77%), Fiber: 2.49g (9.95%), Vitamin E: 1.23mg (8.19%), Selenium: 5.53µg (7.91%), Vitamin C: 5.78mg (7%), Phosphorus: 68.71mg (6.87%), Vitamin

B1: 0.09mg (6.3%), Iron: 0.94mg (5.2%), Zinc: 0.77mg (5.13%), Vitamin B6: 0.09mg (4.57%), Magnesium: 15.34mg (3.83%), Calcium: 35.67mg (3.57%)