



## Wilted Escarole Salad

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



198 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 fillet anchovy packed in oil
- ☐ 8 ounces bread country-style ( 5 cups)
- ☐ 1 large head endive
- ☐ 2 garlic clove coarsely chopped
- ☐ 8 servings pepper freshly ground
- ☐ 7 tablespoons olive oil divided
- ☐ 0.3 teaspoons pepper red crushed
- ☐ 2 tablespoons citrus champagne vinegar ( )

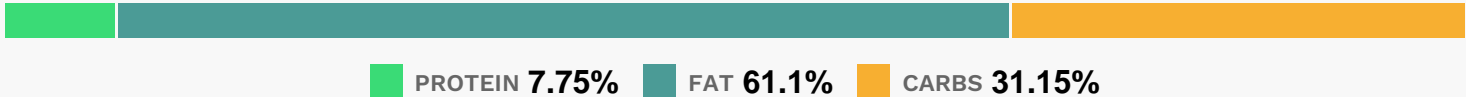
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Preheat oven to 350°F. Toss bread and 3 tablespoons oil on a large rimmed baking sheet, squeezing bread so it absorbs oil evenly; season with salt and pepper.
- ☐ Spread out bread pieces in an even layer and bake, tossing occasionally, until crisp on the outside but still chewy in the center, 10–15 minutes.
- ☐ Let croutons cool.
- ☐ Meanwhile, heat remaining 4 tablespoons oil in a small skillet over medium heat.
- ☐ Add garlic and cook, stirring often, until golden, about 2 minutes.
- ☐ Add anchovies and, using a spoon, mash into oil.
- ☐ Add red pepper flakes and remove skillet from heat.
- ☐ Add vinegar, scraping up any bits; season vinaigrette with salt and pepper.
- ☐ Just before serving, toss escarole, croutons and warm vinaigrette in a large bowl until escarole is slightly wilted; season with salt, pepper, and more vinegar, if desired.
- ☐ DO AHEAD: Croutons and vinaigrette can be made and escarole can be prepped 1 day ahead. Store croutons wrapped airtight at room temperature.
- ☐ Let vinaigrette cool; cover and chill. Gently reheat vinaigrette before using.

# Nutrition Facts



# Properties

Glycemic Index:20.71, Glycemic Load:7.38, Inflammation Score:-7, Nutrition Score:13.23434784312%

# 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: 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: 198.44kcal (9.92%), Fat: 13.69g (21.06%), Saturated Fat: 1.93g (12.03%), Carbohydrates: 15.7g (5.23%), Net Carbohydrates: 12.76g (4.64%), Sugar: 1.78g (1.98%), Cholesterol: 0.3mg (0.1%), Sodium: 148.71mg (6.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.81%), Vitamin K: 138.94µg (132.33%), Manganese: 0.6mg (30.13%), Folate: 104.07µg (26.02%), Vitamin A: 1238.9IU (24.78%), Vitamin E: 2.09mg (13.96%), Selenium: 8.58µg (12.26%), Fiber: 2.94g (11.76%), Vitamin B1: 0.16mg (10.9%), Vitamin B3: 1.89mg (9.47%), Iron: 1.62mg (9.01%), Vitamin B5: 0.75mg (7.48%), Vitamin B2: 0.12mg (6.85%), Calcium: 67.78mg (6.78%), Potassium: 225.65mg (6.45%), Phosphorus: 54.98mg (5.5%), Magnesium: 20.87mg (5.22%), Copper: 0.1mg (5.16%), Zinc: 0.76mg (5.08%), Vitamin C: 3.97mg (4.81%), Vitamin B6: 0.05mg (2.72%)