



Wilted Escarole with Country Ham and Chiles

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 2 ounces country ham cut into matchstick-size pieces (1/2 cup)
- ☐ 2 pounds endive packed (16 cups)
- ☐ 2 garlic clove very thinly sliced
- ☐ 10 servings pepper black freshly ground
- ☐ 1 optional: lemon
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon pepper red crushed
- ☐ 2 tablespoons butter unsalted ()

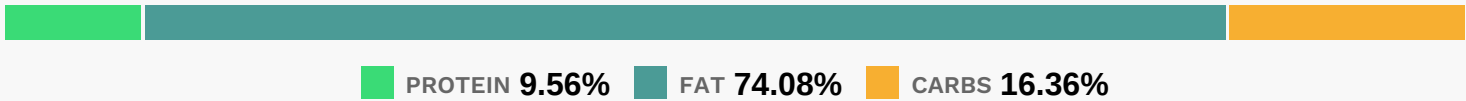
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ tongs

Directions

- ☐ Working over a small bowl, finely grate enough zest from lemon to measure 2 teaspoons.
- ☐ Cut lemon in half; squeeze juice into another small bowl. Set zest and juice aside.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add garlic and cook, stirring often, until garlic is beginning to turn golden at edges, about 2 minutes.
- ☐ Add ham; cook, spreading out ham with tongs to keep pieces from sticking together, until crisp, about 2 minutes.
- ☐ Add red pepper flakes; stir for 30 seconds, then add escarole. Cook, tossing escarole to coat in sauce, until wilted but not overcooked, 3–5 minutes. Season with salt and pepper.
- ☐ Using tongs, transfer escarole to a serving dish.
- ☐ Add butter, lemon zest, and lemon juice to taste to pan. Cook, whisking, until a sauce forms. Season with salt and pepper.
- ☐ Drizzle sauce over escarole.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.35, Inflammation Score:-9, Nutrition Score:13.119565186293%

Flavonoids

Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg,

Naringenin: 0.06mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 9.17mg, Kaempferol: 9.17mg, Kaempferol: 9.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 101.85kcal (5.09%), Fat: 8.87g (13.65%), Saturated Fat: 2.58g (16.11%), Carbohydrates: 4.41g (1.47%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.52g (0.58%), Cholesterol: 9.54mg (3.18%), Sodium: 91.29mg (3.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.15%), Vitamin K: 213.39µg (203.23%), Vitamin A: 2098.12IU (41.96%), Folate: 130.35µg (32.59%), Manganese: 0.41mg (20.57%), Vitamin C: 11.81mg (14.31%), Fiber: 3.22g (12.89%), Potassium: 324.34mg (9.27%), Vitamin E: 1.36mg (9.04%), Vitamin B5: 0.87mg (8.73%), Vitamin B1: 0.11mg (7.53%), Zinc: 0.87mg (5.83%), Calcium: 53.29mg (5.33%), Iron: 0.95mg (5.29%), Copper: 0.1mg (5.2%), Vitamin B2: 0.09mg (5.08%), Phosphorus: 41.61mg (4.16%), Magnesium: 16.22mg (4.06%), Vitamin B3: 0.66mg (3.28%), Vitamin B6: 0.06mg (3.02%), Selenium: 1.67µg (2.39%)