



## Winter Greens with Warm Caesar Dressing

READY IN



45 min.

SERVINGS



6

CALORIES



136 kcal

SIDE DISH

### Ingredients

- 3 medium heads endive white green
- 2 garlic cloves minced
- 2.5 tablespoons juice of lemon fresh
- 0.5 teaspoon lemon zest finely grated
- 3 oil-packed anchovies minced
- 5 tablespoons olive oil extra-virgin
- 0.3 cup parmesan freshly grated
- 6 servings pepper freshly ground
- 3.5 inch thick sourdough bread--crusts removed toasted cut into 3/4-inch cubes and

## Equipment

- bowl
- frying pan

## Directions

- Heat the oil in a small skillet. Mash the anchovies and garlic to a paste; add the paste to the pan and cook over moderately high heat for 1 minute. Stir in the lemon juice and zest.
- In a large bowl, toss the croutons with 1 tablespoon of the dressing and 1 tablespoon of the Parmesan.
- Add the escarole, the remaining dressing and cheese and a generous pinch of pepper. Toss well and serve at once.
- ONE SERVING Calories 177 kcal, Total Fat 7 gm, Saturated Fat 6 gm

## Nutrition Facts

**PROTEIN 8.15%** **FAT 86.61%** **CARBS 5.24%**

## Properties

Glycemic Index:35.75, Glycemic Load:0.75, Inflammation Score:-1, Nutrition Score:2.6647826083328%

## Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 136.42kcal (6.82%), Fat: 13.36g (20.55%), Saturated Fat: 2.58g (16.12%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.69g (0.61%), Sugar: 0.29g (0.32%), Cholesterol: 5.48mg (1.83%), Sodium: 171.93mg (7.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Vitamin E: 1.78mg (11.84%), Vitamin K: 8.71µg (8.29%), Calcium: 74.42mg (7.44%), Phosphorus: 47.5mg (4.75%), Selenium: 3.19µg (4.56%), Vitamin C: 2.98mg (3.61%), Vitamin B3: 0.5mg (2.5%), Manganese: 0.04mg (2.16%), Vitamin B2: 0.03mg (2.04%), Iron: 0.3mg (1.66%), Zinc: 0.24mg (1.58%), Vitamin B12: 0.08µg (1.4%), Vitamin B6: 0.03mg (1.33%), Magnesium: 5.19mg (1.3%), Vitamin

B1: 0.02mg (1.22%), Folate: 4.5µg (1.13%), Vitamin A: 56.12IU (1.12%)