



Balsamic-Glazed Chickpeas and Mustard Greens

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



213 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon agave nectar
- 2 tablespoons balsamic vinegar
- 1 cup chickpeas rinsed cooked drained
- 4 cloves garlic chopped
- 10 ounces mustard greens
- 0.5 large onion red thinly sliced
- 1 pinch pepper red

- 0.5 teaspoon salt
- 0.5 teaspoon soya sauce
- 4 tablespoons vegetable stock divided

Equipment

- frying pan
- pot
- wok
- slotted spoon

Directions

- Remove any large stems from the greens and discard. Tear the leaves into bite-sized pieces. In a deep pot or wok, sauté the onion in a tablespoon or two of vegetable broth until mostly faded to pink, about 4 minutes.
- Add the chopped garlic and red pepper and another tablespoon of broth and cook, stirring, for another minute.
- Add the mustard greens, 2 tablespoons of broth, and cook, stirring, until greens are wilted but still bright green, about 3–5 minutes. Stir in the salt, if using.
- Remove greens and onions from pan with a slotted spoon and place in a serving dish, leaving any liquid in pan.
- Add the balsamic vinegar, soy sauce, and agave or sugar to the liquid in the pan (if there is no liquid, add 2 tablespoons of broth).
- Add the chickpeas and cook, stirring, over medium heat until the liquid is reduced by about half. Spoon the chickpeas over the greens and drizzle the sauce over all.
- Serve warm, with additional balsamic vinegar at the table.

Nutrition Facts



PROTEIN 21.73% **FAT 11.14%** **CARBS 67.13%**

Properties

Glycemic Index:119.88, Glycemic Load:7.67, Inflammation Score:-10, Nutrition Score:29.72043456202%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 24.34mg, Isorhamnetin: 24.34mg, Isorhamnetin: 24.34mg, Isorhamnetin: 24.34mg Kaempferol: 54.48mg, Kaempferol: 54.48mg, Kaempferol: 54.48mg, Kaempferol: 54.48mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 18.16mg, Quercetin: 18.16mg, Quercetin: 18.16mg, Quercetin: 18.16mg

Nutrients (% of daily need)

Calories: 213.19kcal (10.66%), Fat: 2.79g (4.29%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 37.83g (12.61%), Net Carbohydrates: 26.44g (9.61%), Sugar: 10.56g (11.73%), Cholesterol: 0mg (0%), Sodium: 825.92mg (35.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.25g (24.49%), Vitamin K: 369.53µg (351.94%), Vitamin C: 104.41mg (126.56%), Vitamin A: 4388.4IU (87.77%), Manganese: 1.01mg (50.56%), Fiber: 11.39g (45.57%), Folate: 164.11µg (41.03%), Copper: 0.56mg (27.92%), Iron: 5.02mg (27.89%), Potassium: 869.39mg (24.84%), Phosphorus: 242.28mg (24.23%), Vitamin B6: 0.48mg (24.17%), Magnesium: 91.59mg (22.9%), Calcium: 225.53mg (22.55%), Vitamin E: 3.18mg (21.18%), Vitamin B1: 0.24mg (15.71%), Vitamin B2: 0.23mg (13.32%), Zinc: 1.75mg (11.66%), Vitamin B3: 1.71mg (8.56%), Selenium: 5.34µg (7.63%), Vitamin B5: 0.61mg (6.08%)