

Beet Greens



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bunches of kale
- ☐ 1 strip bacon thick cut chopped (or a tablespoon of bacon fat)
- ☐ 0.3 cup onion chopped
- ☐ 1 large garlic clove minced
- ☐ 0.8 cup water
- ☐ 1 Tbsp granulated sugar
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 3 Tbsp cider vinegar

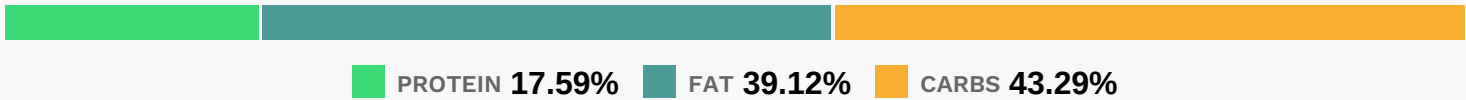
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Rinse and cut the beet greens: Rinse the beet greens in a sink filled with cold water.
- ☐ Drain greens and rinse a second time.
- ☐ Drain greens and cut away any heavy stems.
- ☐ Cut leaves into bite-sized pieces. Set aside.
- ☐ Sauté the bacon, onions, garlic: In a large skillet or 3-qt saucepan, cook bacon until lightly browned on medium heat (or heat 1 Tbsp of bacon fat).
- ☐ Add onions, cook over medium heat 5 to 7 minutes, stirring occasionally, until onions soften and start to brown. Stir in garlic, cook a minute more.
- ☐ Add water to the hot pan, stirring to loosen any particles from bottom of pan. Stir in sugar and red pepper flakes. Bring mixture to a boil.
- ☐ Add the beet greens, gently toss in the onion mixture so the greens are well coated. Reduce heat to low, cover and simmer for 5-15 minutes until the greens are tender. Stir in the vinegar. (For kale or collard greens continue cooking additional 20 to 25 minutes or until desired tenderness.)

Nutrition Facts



Properties

Glycemic Index:41.77, Glycemic Load:2.41, Inflammation Score:-10, Nutrition Score:19.474782549169%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 81.84kcal (4.09%), Fat: 3.76g (5.79%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 4.94g (1.8%), Sugar: 4.05g (4.5%), Cholesterol: 5.94mg (1.98%), Sodium: 321.24mg (13.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.61%), Vitamin K: 453.78µg (432.17%), Vitamin A: 7214.22IU (144.28%), Vitamin C: 34.99mg (42.42%), Potassium: 910.18mg (26.01%), Manganese: 0.5mg (24.99%), Magnesium: 82.83mg (20.71%), Fiber: 4.43g (17.7%), Iron: 3.03mg (16.84%), Vitamin B2: 0.26mg (15.41%), Calcium: 139.34mg (13.93%), Vitamin E: 1.79mg (11.93%), Copper: 0.24mg (11.8%), Vitamin B1: 0.14mg (9.64%), Vitamin B6: 0.17mg (8.4%), Phosphorus: 64.77mg (6.48%), Folate: 18.97µg (4.74%), Selenium: 3.04µg (4.34%), Vitamin B3: 0.85mg (4.23%), Zinc: 0.58mg (3.85%), Vitamin B5: 0.35mg (3.51%)