

Beet Greens



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



82 kcal

SIDE DISH

Ingredients

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

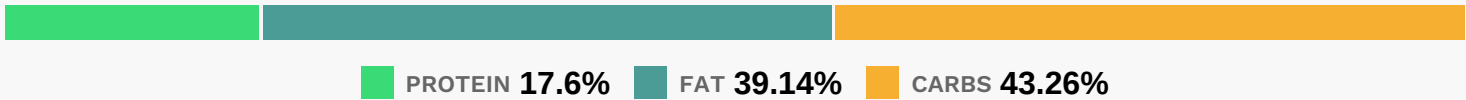
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Wash the greens in a sink filled with cold water.
- ☐ Drain greens and wash a second time.
- ☐ Drain greens and cut away any heavy stems.
- ☐ Cut leaves into bite-sized pieces. Set aside.2 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 occassionally, until onions soften and start to brown. Stir in garlic.
- ☐ Add water to the hot pan, stirring to loosen any particles from bottom of pan. Stir in sugar and red pepper. Bring mixture to a boil. 3
- ☐ 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 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:19.464347776511%

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: 81.59kcal (4.08%), Fat: 3.76g (5.79%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 9.35g (3.12%), Net Carbohydrates: 4.93g (1.79%), Sugar: 4.04g (4.49%), Cholesterol: 5.94mg (1.98%), Sodium: 321.18mg (13.96%),

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: 909.29mg (25.98%), Manganese: 0.5mg (24.84%), Magnesium: 82.77mg (20.69%), Fiber: 4.43g (17.7%), Iron: 3.03mg (16.82%), Vitamin B2: 0.26mg (15.41%), Calcium: 139.25mg (13.93%), Vitamin E: 1.79mg (11.93%), Copper: 0.24mg (11.79%), Vitamin B1: 0.14mg (9.64%), Vitamin B6: 0.17mg (8.4%), Phosphorus: 64.67mg (6.47%), 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%)