



Beet Greens and Green Beans with Tomato and Onion



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 2 cups bunches of kale chopped
- ☐ 2 tablespoons cider vinegar
- ☐ 1 cup green beans fresh trimmed
- ☐ 1 large clove garlic minced
- ☐ 4 servings ground pepper black to taste
- ☐ 0.3 teaspoon ground thyme
- ☐ 2 tablespoons olive oil

- ☐ 0.1 teaspoon pepper flakes red
- ☐ 4 servings sea salt to taste
- ☐ 1 small tomatoes chopped
- ☐ 0.3 cup water
- ☐ 0.5 small onion yellow chopped

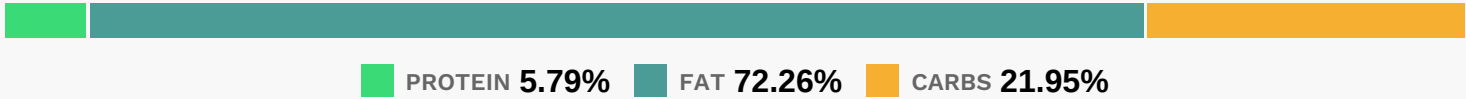
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium heat; cook and stir onion in hot oil until browned, about 10 minutes. Cook and stir green beans with onion until lightly brown.
- ☐ Add beet greens, tomato, and garlic. Continue cooking until beet greens are wilted.
- ☐ Sprinkle thyme and red pepper flakes over vegetables. Stir in water, vinegar, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:1.06, Inflammation Score:-8, Nutrition Score:9.6569565845572%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 85.47kcal (4.27%), Fat: 7.16g (11.02%), Saturated Fat: 1g (6.24%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 2.94g (1.07%), Sugar: 2g (2.23%), Cholesterol: 0mg (0%), Sodium: 242.33mg (10.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Vitamin K: 95.19µg (90.65%), Vitamin A: 1602.89IU (32.06%), Vitamin C: 13.08mg (15.86%), Manganese: 0.22mg (11.07%), Vitamin E: 1.56mg (10.4%), Potassium: 281.15mg

(8.03%), Fiber: 1.95g (7.81%), Magnesium: 24.67mg (6.17%), Iron: 1.02mg (5.65%), Vitamin B6: 0.1mg (4.94%),
Vitamin B2: 0.08mg (4.64%), Folate: 17.23µg (4.31%), Calcium: 41.04mg (4.1%), Copper: 0.08mg (4%), Vitamin B1:
0.06mg (3.74%), Phosphorus: 28.46mg (2.85%), Vitamin B3: 0.44mg (2.2%), Vitamin B5: 0.15mg (1.47%), Zinc:
0.21mg (1.42%)