



Beet Greens with Oregano and Feta



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



37 kcal

SIDE DISH

Ingredients

- ☐ 11 cups bunchs of kale (with greens attached) coarsely chopped
- ☐ 2 tablespoons feta cheese crumbled
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon oregano dried crushed
- ☐ 0.1 teaspoon pepper

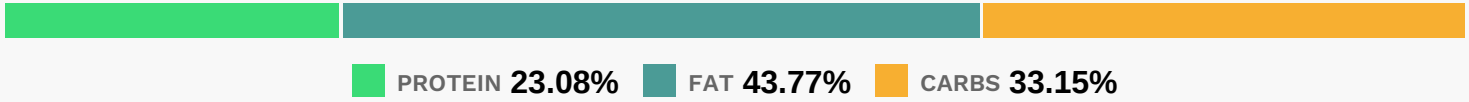
Equipment

- ☐ frying pan

Directions

- ☐ Rinse beet greens; drain well.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add beet greens; cover and cook, stirring occasionally, 1 1/2 to 2 minutes or until greens wilt. Reduce heat to low; add oregano and pepper.
- ☐ Cook, uncovered, 5 minutes or until tender, stirring occasionally.
- ☐ Remove beet greens from heat; add lemon juice, and stir gently.
- ☐ Sprinkle each serving with feta cheese.
- ☐ carbo rating: 0

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.07, Inflammation Score:-10, Nutrition Score:14.947391386913%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 36.75kcal (1.84%), Fat: 1.98g (3.05%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.37g (0.41%), Cholesterol: 5.04mg (1.68%), Sodium: 222.1mg (9.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Vitamin K: 279.76µg (266.43%), Vitamin A: 4432.72IU (88.65%), Vitamin C: 21.22mg (25.73%), Potassium: 536.84mg (15.34%), Manganese: 0.28mg (14.18%), Magnesium: 50.19mg (12.55%), Vitamin B2: 0.2mg (11.87%), Calcium: 111.02mg (11.1%), Fiber: 2.63g (10.5%), Iron: 1.87mg (10.37%), Vitamin E: 1.17mg (7.79%), Copper: 0.14mg (6.8%), Vitamin B1: 0.08mg (5.25%), Vitamin B6: 0.1mg (4.96%), Phosphorus: 47.92mg (4.79%), Folate: 12.63µg (3.16%), Zinc: 0.43mg (2.87%), Vitamin B5: 0.23mg (2.31%), Selenium: 1.48µg (2.12%), Vitamin B3: 0.34mg (1.7%), Vitamin B12: 0.1µg (1.6%)