



HEALTH SCORE

81%

Braised Greens With Chipotle-Chile Vinaigrette



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



133 kcal

SIDE DISH

Ingredients



1 chipotle chile in adobo sauce canned



6 garlic cloves minced



2 tablespoons juice of lime fresh



2.3 cups low-salt chicken broth divided



3 pounds mustard greens



0.5 teaspoon oregano dried



2 tablespoons sherry vinegar



3 pounds turnip greens

☐ 1 tablespoon vegetable oil

Equipment

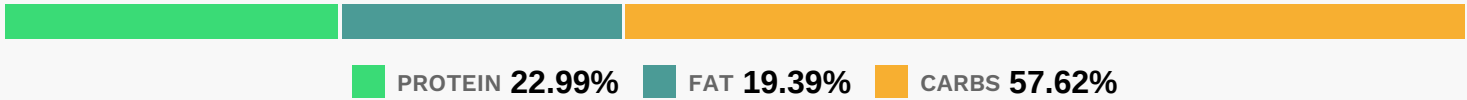
☐ pot

☐ blender

Directions

- ☐ Combine 1/4 cup broth, vinegar, and next 4 ingredients (vinegar through chile) in a blender; process until smooth.
- ☐ Remove stems from greens. Wash and pat dry; coarsely chop to measure 20 cups. Bring 1 cup broth to a boil in a stockpot over medium-high heat.
- ☐ Add garlic; cook 2 minutes, stirring frequently.
- ☐ Add 1 cup broth and greens; cover and cook 20 minutes or until wilted.
- ☐ Drain well.
- ☐ Serve with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:1.01, Inflammation Score:-10, Nutrition Score:37.283043483029%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 27.56mg, Isorhamnetin: 27.56mg, Isorhamnetin: 27.56mg, Isorhamnetin: 27.56mg Kaempferol: 85.34mg, Kaempferol: 85.34mg, Kaempferol: 85.34mg, Kaempferol: 85.34mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 16.27mg, Quercetin: 16.27mg, Quercetin: 16.27mg, Quercetin: 16.27mg

Nutrients (% of daily need)

Calories: 132.59kcal (6.63%), Fat: 3.34g (5.14%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 11.15g (4.05%), Sugar: 3.93g (4.36%), Cholesterol: 0mg (0%), Sodium: 122.78mg (5.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.92g (17.83%), Vitamin K: 869.76µg (828.34%), Vitamin A: 24857.19IU

(497.14%), Vitamin C: 222.97mg (270.27%), Folate: 351.14µg (87.78%), Vitamin E: 8.46mg (56.37%), Calcium: 528.27mg (52.83%), Copper: 0.92mg (45.94%), Fiber: 11.19g (44.76%), Manganese: 0.84mg (41.95%), Vitamin B6: 0.79mg (39.54%), Potassium: 1230.19mg (35.15%), Iron: 4.95mg (27.5%), Magnesium: 109.17mg (27.29%), Vitamin B2: 0.38mg (22.4%), Phosphorus: 194.46mg (19.45%), Vitamin B1: 0.26mg (17.39%), Vitamin B3: 3.32mg (16.59%), Vitamin B5: 1.02mg (10.23%), Zinc: 0.85mg (5.66%), Selenium: 3.9µg (5.57%), Vitamin B12: 0.07µg (1.11%)