



Braised Mustard Greens



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



6

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup chicken stock see
- ☐ 3 clove garlic minced peeled
- ☐ 2 pound mustard greens whole with thick stems trimmed washed
- ☐ 0.3 teaspoon mustard seeds whole to taste
- ☐ 2 tablespoon olive oil
- ☐ 0.3 teaspoon red-pepper flakes crushed to taste
- ☐ 1 tablespoon red wine vinegar
- ☐ 6 servings salt and pepper to taste

☐ 2 small shallots minced

Equipment

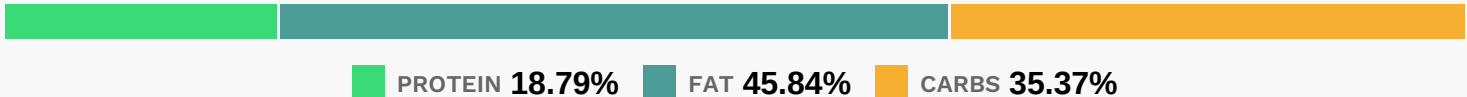
☐ frying pan

☐ spatula

Directions

- ☐ Add the oil to a saute pan set over medium heat that is large enough to hold the greens laying flat.
- ☐ Add the onions, shallots and garlic. Cooking them until fragrant and just beginning to color, about 8 minutes.
- ☐ Pour the chicken stock over the mixture and add the red pepper flakes. Bring the stock to a boil, then lower the heat to a simmer and lay the greens out flat on top. Swirl the pan to get the greens coated with the liquid and cook 15 minutes. Turn the whole pile of greens once or twice during cooking using a spatula to keep them laid out flat for presentation. Season them with salt and pepper as you turn them. Turn off the heat and add the red wine vinegar, swirling the pan once again to coat the greens. Carefully slide the greens out flat onto a serving platter and sprinkle with mustard seeds.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:1.19, Inflammation Score:-10, Nutrition Score:21.270434763121%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 24.49mg, Isorhamnetin: 24.49mg, Isorhamnetin: 24.49mg, Isorhamnetin: 24.49mg Kaempferol: 57.91mg, Kaempferol: 57.91mg, Kaempferol: 57.91mg, Kaempferol: 57.91mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.33mg, Quercetin: 13.33mg, Quercetin: 13.33mg, Quercetin: 13.33mg

Nutrients (% of daily need)

Calories: 98.86kcal (4.94%), Fat: 5.61g (8.64%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 9.75g (3.25%), Net Carbohydrates: 4.57g (1.66%), Sugar: 3g (3.33%), Cholesterol: 0.6mg (0.2%), Sodium: 255.56mg (11.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.35%), Vitamin K: 393.13µg (374.41%), Vitamin C: 107.03mg

(129.74%), Vitamin A: 4598.03IU (91.96%), Vitamin E: 3.76mg (25.06%), Fiber: 5.18g (20.72%), Potassium: 639.06mg (18.26%), Calcium: 181.2mg (18.12%), Vitamin B6: 0.33mg (16.7%), Iron: 2.71mg (15.07%), Copper: 0.27mg (13.71%), Magnesium: 52mg (13%), Vitamin B2: 0.19mg (11.04%), Phosphorus: 101.87mg (10.19%), Vitamin B1: 0.14mg (9.14%), Vitamin B3: 1.57mg (7.84%), Folate: 22.25µg (5.56%), Vitamin B5: 0.35mg (3.52%), Selenium: 2.39µg (3.42%), Zinc: 0.47mg (3.13%), Manganese: 0.06mg (2.78%)