



 **78%**
HEALTH SCORE

Calabrese Mustard Greens

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



25

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 pounds chicory
- 1.5 teaspoons pepper red crushed
- 5 large garlic cloves thinly sliced
- 0.5 cup olive oil extra-virgin
- 0.3 cup red wine vinegar
- 25 servings salt and pepper black freshly ground

Equipment

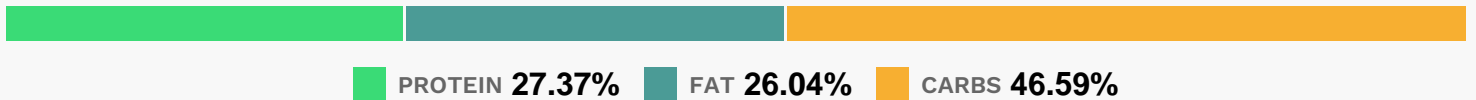
- bowl

- frying pan
- pot
- slotted spoon
- colander

Directions

- Bring a large pot of salted water to a boil.
- Add half of the greens and cook, stirring a few times, until just tender, about 3 minutes. Using a slotted spoon, transfer the greens to a colander and rinse with cold water. Repeat with the remaining greens.
- Drain very well. Coarsely chop the greens.
- In a large, deep skillet, heat the olive oil.
- Add the garlic and crushed red pepper and cook over moderate heat until the garlic is golden brown, about 1 minute.
- Add the greens and stir well. Cover and cook, stirring occasionally, until the greens are heated through, about 8 minutes. Season with salt and pepper.
- Transfer the greens to a large bowl and let cool to room temperature. Stir in the vinegar and serve.

Nutrition Facts



Properties

Glycemic Index:3.76, Glycemic Load:0.58, Inflammation Score:-10, Nutrition Score:16.827391152797%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 17.64mg, Isorhamnetin: 17.64mg, Isorhamnetin: 17.64mg Kaempferol: 41.7mg, Kaempferol: 41.7mg, Kaempferol: 41.7mg, Kaempferol: 41.7mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.59mg, Quercetin: 9.59mg, Quercetin: 9.59mg, Quercetin: 9.59mg

Nutrients (% of daily need)

Calories: 38.97kcal (1.95%), Fat: 1.34g (2.07%), Saturated Fat: 0.14g (0.84%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 1.85g (0.67%), Sugar: 1.45g (1.61%), Cholesterol: 0mg (0%), Sodium: 24.07mg (1.05%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Vitamin K: 281.69µg (268.27%), Vitamin C: 76.4mg (92.61%), Vitamin A: 3328.17IU (66.56%), Vitamin E: 2.36mg (15.73%), Fiber: 3.56g (14.25%), Calcium: 127.27mg (12.73%), Potassium: 425.05mg (12.14%), Vitamin B6: 0.21mg (10.31%), Iron: 1.84mg (10.23%), Copper: 0.18mg (9.21%), Magnesium: 35.43mg (8.86%), Vitamin B2: 0.12mg (7.16%), Phosphorus: 64.77mg (6.48%), Vitamin B1: 0.09mg (5.91%), Vitamin B3: 0.89mg (4.45%), Folate: 13.13µg (3.28%), Vitamin B5: 0.23mg (2.35%), Zinc: 0.29mg (1.91%), Selenium: 1.09µg (1.56%), Manganese: 0.03mg (1.3%)