



Carrots and Greens with Dilly Bean Vinaigrette



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds carrots thick unpeeled halved lengthwise
- ☐ 0.3 cup dilly beans plus 1 cup pickling liquid thinly sliced
- ☐ 8 servings kosher salt freshly ground
- ☐ 1 pound mustard greens
- ☐ 1 tablespoon olive oil
- ☐ 1 large shallots sliced into 1/2"-thick rings
- ☐ 3 tablespoons butter unsalted cut into pieces

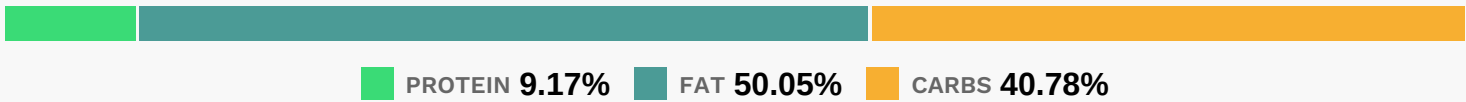
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring pickling liquid to a boil in a small saucepan, reduce heat, and simmer until reduced by half, 15–20 minutes.
- ☐ Let cool slightly, then gradually whisk in butter.
- ☐ Mix in dilly beans; keep vinaigrette warm.
- ☐ Meanwhile, heat oil in a large skillet over medium–high heat.
- ☐ Add carrots and shallot and cook, tossing often, until browned in spots and tender, 10–15 minutes.
- ☐ Remove skillet from heat and, working in batches, add mustard greens, tossing until slightly wilted between additions; cook slightly longer.
- ☐ Transfer vegetables to a platter and drizzle with warm vinaigrette; season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:17.6, Glycemic Load:3.11, Inflammation Score:-10, Nutrition Score:17.177826193364%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg Kaempferol: 21.92mg, Kaempferol: 21.92mg, Kaempferol: 21.92mg, Kaempferol: 21.92mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 107.86kcal (5.39%), Fat: 6.46g (9.95%), Saturated Fat: 2.97g (18.59%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 7.31g (2.66%), Sugar: 5.12g (5.69%), Cholesterol: 11.29mg (3.76%), Sodium: 88.55mg (3.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.33%), Vitamin A: 16055.55IU (321.11%), Vitamin K: 159.12µg (151.54%), Vitamin C: 46.44mg (56.29%), Fiber: 4.54g (18.17%), Potassium: 516.75mg (14.76%), Vitamin E:

2.08mg (13.85%), Vitamin B6: 0.23mg (11.53%), Calcium: 96.37mg (9.64%), Iron: 1.61mg (8.96%), Magnesium: 29.28mg (7.32%), Manganese: 0.14mg (7.19%), Vitamin B1: 0.1mg (6.92%), Copper: 0.14mg (6.84%), Vitamin B2: 0.11mg (6.72%), Phosphorus: 65.95mg (6.59%), Vitamin B3: 1.3mg (6.5%), Folate: 24.2µg (6.05%), Vitamin B5: 0.37mg (3.67%), Zinc: 0.36mg (2.43%)