



Curried Mustard Greens with Kidney Beans

 Vegetarian  Gluten Free

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce kidney beans drained and rinsed canned
- ☐ 15 ounce tomato sauce canned
- ☐ 2 teaspoons curry powder
- ☐ 1 tablespoon ginger root fresh minced
- ☐ 1 tablespoon ghee clarified butter
- ☐ 0.5 cup half and half
- ☐ 1 bunch mustard greens
- ☐ 1 pinch pepper flakes red

☐ 2 medium shallots chopped

Equipment

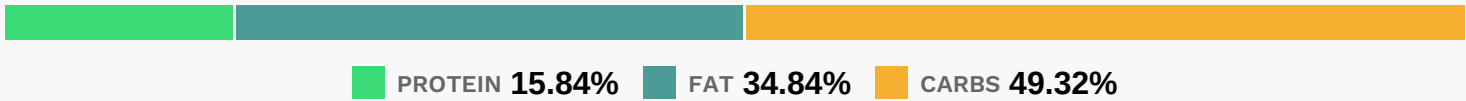
☐ frying pan

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Place greens in the pot, cover, and cook 7 minutes, or just until tender.
- ☐ Drain, and rinse under cold water.
- ☐ Heat the ghee in a skillet over medium-high heat, and cook the shallots until lightly brown. Stir in ginger, and season with red pepper.
- ☐ Mix in greens, kidney beans, tomato sauce, and curry powder. Stir in the half and half, and continue cooking until heated through.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:7.66, Inflammation Score:-6, Nutrition Score:11.693478312181%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 197.89kcal (9.89%), Fat: 8.08g (12.43%), Saturated Fat: 4.6g (28.74%), Carbohydrates: 25.73g (8.58%), Net Carbohydrates: 17.72g (6.44%), Sugar: 8.05g (8.94%), Cholesterol: 20.19mg (6.73%), Sodium: 797.3mg (34.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.53%), Fiber: 8.01g (32.05%), Manganese: 0.51mg (25.36%), Potassium: 697.97mg (19.94%), Phosphorus: 181.94mg (18.19%), Iron: 2.83mg (15.72%), Copper: 0.31mg (15.25%), Magnesium: 56.9mg (14.22%), Vitamin B6: 0.26mg (13.14%), Vitamin E: 1.87mg (12.48%), Vitamin B2: 0.21mg (12.08%), Vitamin C: 9.94mg (12.05%), Vitamin A: 592.74IU (11.85%), Folate: 44.14µg (11.03%), Vitamin B1: 0.16mg (10.53%), Vitamin K: 9.5µg (9.05%), Calcium: 88.14mg (8.81%), Vitamin B3: 1.69mg (8.45%), Zinc: 1.11mg (7.39%), Vitamin B5: 0.59mg (5.95%), Selenium: 3.12µg (4.45%)