



## Dandelion Greens with a Kick

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

### Ingredients

- 1 tablespoon butter
- 1 pound dandelion greens
- 2 cloves garlic minced
- 4 servings salt and ground pepper black to taste
- 2 tablespoons olive oil
- 0.5 onion thinly sliced
- 0.3 teaspoon pepper flakes red
- 1 teaspoon salt

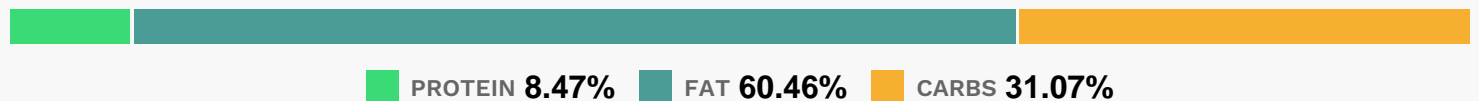
## Equipment

- bowl
- frying pan
- pot

## Directions

- Soak dandelion greens in a large bowl of cold water with 1 teaspoon salt for 10 minutes.
- Drain.
- Bring a large pot of water to a boil with 1 teaspoon salt. Cook greens until tender, 3 to 4 minutes.
- Drain and rinse with cold water until chilled.
- Heat olive oil and butter in a large skillet over medium heat; cook and stir onion and red pepper flakes until onion is tender, about 5 minutes. Stir in garlic until garlic is fragrant, about 30 seconds more. Increase heat to medium-high and add dandelion greens. Continue to cook and stir until liquid is evaporated, 3 to 4 minutes. Season with salt and black pepper.
- Sprinkle greens with Parmesan cheese to serve.

## Nutrition Facts



## Properties

Glycemic Index:34.75, Glycemic Load:0.44, Inflammation Score:-10, Nutrition Score:20.726521610242%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

## Nutrients (% of daily need)

Calories: 146.34kcal (7.32%), Fat: 10.67g (16.42%), Saturated Fat: 2.97g (18.56%), Carbohydrates: 12.34g (4.11%), Net Carbohydrates: 8.04g (2.92%), Sugar: 1.41g (1.57%), Cholesterol: 7.53mg (2.51%), Sodium: 693.07mg (30.13%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.73%), Vitamin K: 887.07µg (844.83%), Vitamin A: 11647.86IU (232.96%), Vitamin C: 41.18mg (49.91%), Vitamin E: 5.04mg (33.62%), Manganese: 0.45mg (22.35%), Calcium: 220.06mg (22.01%), Iron: 3.65mg (20.26%), Vitamin B2: 0.3mg (17.81%), Fiber: 4.3g (17.21%), Vitamin B6: 0.32mg (16.14%), Vitamin B1: 0.23mg (15.03%), Potassium: 481.08mg (13.75%), Magnesium: 43.02mg (10.75%), Copper: 0.21mg (10.34%), Folate: 33.43µg (8.36%), Phosphorus: 82.5mg (8.25%), Vitamin B3: 0.96mg (4.79%), Zinc: 0.52mg (3.45%), Selenium: 0.92µg (1.31%), Vitamin B5: 0.13mg (1.27%)