



Dandelion Greens with Currants and Pine Nuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



6

CALORIES



275 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2.5 qts dandelion greens ends trimmed roughly chopped
- ☐ 3 tablespoons currants dried
- ☐ 1 garlic clove finely chopped
- ☐ 0.1 teaspoon kosher salt
- ☐ 2 tbsp olive oil extra-virgin divided
- ☐ 3 tablespoons pinenuts toasted

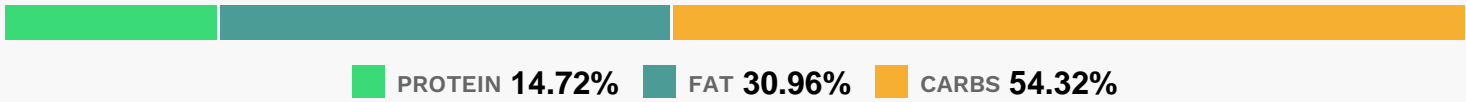
Equipment

- ☐ frying pan
- ☐ tongs

Directions

- ☐ Heat 1 tbsp. oil in a large nonstick frying pan over medium heat.
- ☐ Add garlic and cook until fragrant, stirring, about 30 seconds.
- ☐ Add dandelion greens in batches, turning frequently with tongs. Increase heat to medium-high, sprinkle with salt and pepper, and continue to cook, turning with tongs, until greens are wilted and tender-crisp, about 5 minutes.
- ☐ Add currants and pine nuts and cook 1 minute more.
- ☐ Transfer to a serving dish and drizzle with about 1 tbsp. more oil.
- ☐ Serve with a squeeze of lemon if you like.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:1.41, Inflammation Score:-10, Nutrition Score:46.800434350967%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 274.94kcal (13.75%), Fat: 10.87g (16.72%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 42.9g (14.3%), Net Carbohydrates: 28.56g (10.39%), Sugar: 7.66g (8.51%), Cholesterol: 0mg (0%), Sodium: 351.64mg (15.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.62g (23.25%), Vitamin K: 3073.59µg (2927.23%), Vitamin A: 40073.42IU (801.47%), Vitamin C: 138.56mg (167.95%), Vitamin E: 14.71mg (98.08%), Manganese: 1.84mg (91.88%), Calcium: 745.93mg (74.59%), Iron: 12.68mg (70.45%), Vitamin B2: 1.05mg (61.64%), Fiber: 14.34g (57.35%), Vitamin B1: 0.78mg (52.03%), Vitamin B6: 1.02mg (51.15%), Potassium: 1656.17mg (47.32%), Magnesium: 157.4mg (39.35%), Copper: 0.76mg (38.24%), Phosphorus: 297.25mg (29.73%), Folate: 108.94µg (27.23%), Vitamin B3: 3.52mg (17.62%), Zinc: 1.97mg (13.16%), Vitamin B5: 0.35mg (3.54%), Selenium: 2.13µg (3.05%)