



Wilted Greens

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



109 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 0.3 cup chicken broth canned
- 1 large bunch mustard greens trimmed
- 10 ounce pkt spinach
- 1 large bunch swiss chard

Equipment

Nutrition Facts

PROTEIN 12.94% FAT 68.22% CARBS 18.84%

Properties

Glycemic Index:36.5, Glycemic Load:0.84, Inflammation Score:-10, Nutrition Score:22.088260869565%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 8.97mg, Kaempferol: 8.97mg, Kaempferol: 8.97mg, Kaempferol: 8.97mg Myricetin: 2.57mg, Myricetin: 2.57mg, Myricetin: 2.57mg, Myricetin: 2.57mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 109.05kcal (5.45%), Fat: 9.06g (13.94%), Saturated Fat: 5.5g (34.37%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 2.86g (1.04%), Sugar: 1.16g (1.29%), Cholesterol: 22.58mg (7.53%), Sodium: 289.21mg (12.57%), Protein: 3.87g (7.73%), Vitamin K: 966.2µg (920.19%), Vitamin A: 11502.79IU (230.06%), Vitamin C: 42.59mg (51.62%), Manganese: 0.91mg (45.51%), Folate: 148.34µg (37.09%), Magnesium: 117.23mg (29.31%), Vitamin E: 3.1mg (20.7%), Potassium: 700.12mg (20%), Iron: 3.32mg (18.43%), Vitamin B2: 0.21mg (12.42%), Copper: 0.24mg (11.84%), Calcium: 112.01mg (11.2%), Fiber: 2.77g (11.07%), Vitamin B6: 0.22mg (10.76%), Phosphorus: 77.79mg (7.78%), Vitamin B1: 0.09mg (5.73%), Vitamin B3: 1.09mg (5.44%), Zinc: 0.68mg (4.5%), Selenium: 1.49µg (2.13%), Vitamin B5: 0.19mg (1.87%)