



Garlic-Braised Dandelion Greens with Pancetta



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup chicken broth
- ☐ 1 pound young dandelion greens fresh washed ends trimmed well
- ☐ 1 cup onion cut into ¼-inch dice
- ☐ 3 ounce pancetta sliced cut into ¼-inch or smaller dice
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 6 servings salt to taste
- ☐ 1 teaspoon sugar

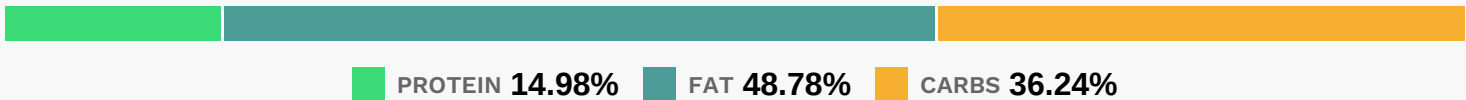
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat a large skillet over medium-high heat and add the pancetta. Cook, stirring occasionally, until crispy and all of the fat has been rendered, 3 to 4 minutes. Using a slotted spoon, transfer the pancetta to a paper lined plate to drain and set aside.Reduce the heat to low and allow rendered fat to cool slightly.
- ☐ Add the onions, garlic and crushed red pepper and cook, stirring, until the onions are translucent, 2 to 3 minutes.
- ☐ Add the chicken broth and greens then cover the pan. Increase the heat to medium-high and cook 1 to 2 minutes, until greens are wilted. Uncover the pan and add the sugar and salt to taste. Stir to thoroughly combine. Cover the pan and continue to cook until the greens are tender, 5 to 10 minutes longer. The greens may be served warm or at room temperature, garnished with the reserved pancetta.

Nutrition Facts



Properties

Glycemic Index:16.18, Glycemic Load:1.02, Inflammation Score:-10, Nutrition Score:17.768695577331%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 108.36kcal (5.42%), Fat: 6.26g (9.63%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 7.33g (2.67%), Sugar: 2.47g (2.74%), Cholesterol: 9.94mg (3.31%), Sodium: 456.5mg (19.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.65%), Vitamin K: 588.35µg (560.34%), Vitamin A: 7712.66IU (154.25%), Vitamin C: 28.43mg (34.46%), Vitamin E: 2.71mg (18.07%), Manganese: 0.31mg (15.5%),

Calcium: 149.79mg (14.98%), Iron: 2.49mg (13.86%), Vitamin B2: 0.23mg (13.73%), Vitamin B1: 0.2mg (13.43%),
Vitamin B6: 0.26mg (13.06%), Fiber: 3.13g (12.51%), Potassium: 374.09mg (10.69%), Magnesium: 32.01mg (8%),
Phosphorus: 79.47mg (7.95%), Copper: 0.15mg (7.55%), Vitamin B3: 1.28mg (6.42%), Folate: 25.5µg (6.38%),
Selenium: 3.5µg (5%), Zinc: 0.55mg (3.65%), Vitamin B5: 0.18mg (1.78%), Vitamin B12: 0.08µg (1.28%)