



HEALTH SCORE

100%

## Garlic Chick Peas and Greens



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



17 min.

SERVINGS



4

CALORIES



289 kcal

SIDE DISH

### Ingredients

- 30 ounce chick peas drained canned
- 6 cloves garlic crushed
- 1 pound mustard greens trimmed coarsely chopped
- 2 tablespoons olive oil extra-virgin
- 4 servings salt and pepper
- 1 cup vegetable broth

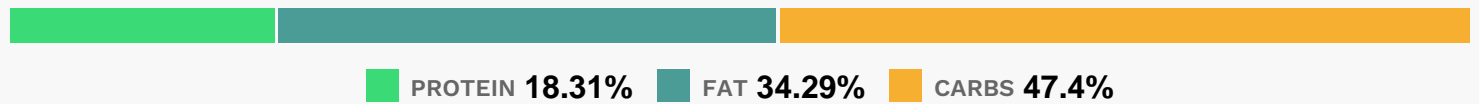
### Equipment

- frying pan

## Directions

- Heat a skillet over medium heat.
- Add oil and crushed garlic.
- Saute garlic in oil 2 minutes, then add greens. Turn and wilt greens in garlic oil and season with salt and pepper.
- Add 1 cup vegetable broth to the pan. Bring broth to a boil. Cover pan, reduce heat to simmer and cook greens 7 or 8 minutes in broth. Uncover the pan.
- Add chick peas to the pan and combine with the stewed greens. Adjust salt and pepper and serve.

## Nutrition Facts



## Properties

Glycemic Index:36.83, Glycemic Load:9.09, Inflammation Score:-10, Nutrition Score:31.042608800142%

## 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: 18.37mg, Isorhamnetin: 18.37mg, Isorhamnetin: 18.37mg, Isorhamnetin: 18.37mg Kaempferol: 43.44mg, Kaempferol: 43.44mg, Kaempferol: 43.44mg, Kaempferol: 43.44mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.06mg, Quercetin: 10.06mg, Quercetin: 10.06mg, Quercetin: 10.06mg

## Nutrients (% of daily need)

Calories: 289.25kcal (14.46%), Fat: 11.64g (17.92%), Saturated Fat: 1.42g (8.84%), Carbohydrates: 36.22g (12.07%), Net Carbohydrates: 23.14g (8.41%), Sugar: 2.04g (2.27%), Cholesterol: 0mg (0%), Sodium: 1043.46mg (45.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.99g (27.98%), Vitamin K: 296.86µg (282.72%), Vitamin C: 81mg (98.18%), Manganese: 1.82mg (90.75%), Vitamin A: 3586.59IU (71.73%), Vitamin B6: 1.27mg (63.28%), Fiber: 13.08g (52.31%), Copper: 0.53mg (26.3%), Iron: 4.59mg (25.51%), Phosphorus: 242.75mg (24.28%), Magnesium: 94.83mg (23.71%), Vitamin E: 3.29mg (21.94%), Potassium: 759.78mg (21.71%), Calcium: 213.16mg (21.32%), Folate: 66.9µg (16.72%), Zinc: 1.8mg (12.02%), Vitamin B1: 0.17mg (11.18%), Vitamin B2: 0.16mg (9.5%), Vitamin B5: 0.9mg (9.01%), Selenium: 5.91µg (8.45%), Vitamin B3: 1.22mg (6.08%)