



Greens and Andouille



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



332 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup chicken stock see
- ☐ 1 pound dandelion greens
- ☐ 6 servings nutmeg freshly grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 medium onion
- ☐ 6 servings salt
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 6 servings sprinkle sugar

- ☐ 2 tablespoons red-wine vinegar
- ☐ 0.8 pound parcooked or fresh crumbled chopped

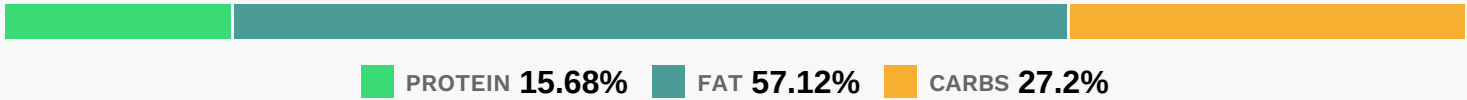
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a pan with a few inches water over medium heat. Bring to a boil, season with salt, to taste, and add the bitter greens. Cook for a few minutes, then drain and reserve.
- ☐ Heat the extra-virgin olive oil in a large skillet over medium to medium-high heat and add the andouille. Brown the crumbles or the chopped cooked sausage, then add the onions and cook until softened, about 5 minutes. Stir in the stock and add the bitter greens.
- ☐ Heat through for a few minutes, then douse with vinegar, and season with sugar, salt, pepper and nutmeg, to taste.
- ☐ Transfer to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:33.18, Glycemic Load:9.17, Inflammation Score:-10, Nutrition Score:22.24608697062%

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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 331.98kcal (16.6%), Fat: 21.64g (33.3%), Saturated Fat: 6.37g (39.82%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 19.79g (7.2%), Sugar: 14.79g (16.44%), Cholesterol: 49.36mg (16.45%), Sodium: 743.06mg (32.31%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.37g (26.73%), Vitamin K: 591.24µg (563.09%), Vitamin A: 7708.39IU (154.17%), Vitamin C: 27.94mg (33.87%), Vitamin E: 3.79mg (25.29%), Vitamin B3: 4.44mg (22.22%), Vitamin B1: 0.31mg (20.75%), Vitamin B2: 0.32mg (18.94%), Selenium: 12.76µg (18.22%), Manganese: 0.36mg (17.95%), Iron: 3.23mg (17.95%), Vitamin B6: 0.34mg (16.9%), Potassium: 552.41mg (15.78%), Calcium: 156mg (15.6%), Phosphorus: 149.91mg (14.99%), Fiber: 3.4g (13.6%), Zinc: 1.81mg (12.04%), Magnesium: 42.96mg (10.74%), Copper: 0.21mg (10.54%), Vitamin B12: 0.56µg (9.26%), Folate: 27µg (6.75%), Vitamin D: 0.79µg (5.29%), Vitamin B5: 0.5mg (4.98%)