



 **72%**
HEALTH SCORE

Hearty Greens with Kumquats

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



48 kcal

SIDE DISH

Ingredients

- 0.5 cup apples i use 2 granny smith apples
- 8 servings pepper black freshly ground
- 1 cup kumquats seeded cut into thin rounds,
- 12 cups mustard greens mixed hearty (such as escarole, mustard greens, and kale)
- 3 tablespoons roasted pumpkin seeds salted shelled (pepitas)

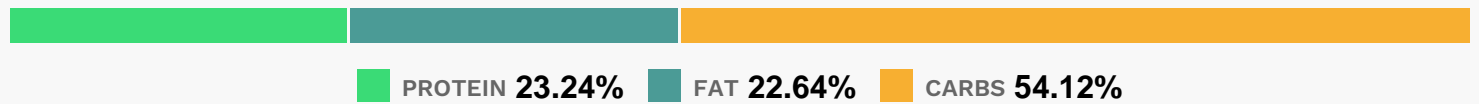
Equipment

- bowl

Directions

- Store 12 cups mixed hearty greens (such as escarole, mustard greens, and kale; if using mustard greens or kale, fold leaves over and cut off tough center rib and stems) and 1 cup kumquats, cut into thin rounds, seeded, in 2 separate resealable plastic bags. Chill greens and kumquats overnight. Before serving, empty bags with greens and kumquats into a large bowl.
- Add 1/2 cup
- Granny Smith Apple Cider Vinaigrette to salad and toss to evenly coat.
- Add more vinaigrette, if desired. Season to taste with kosher salt and freshly ground black pepper.
- Transfer to a serving bowl and scatter 1/4 cup 1" pieces chives and, for a little crunch, 3 tablespoons roasted salted shelled pumpkin seeds (pepitas) over.

Nutrition Facts



Properties

Glycemic Index: 12, Glycemic Load: 0.69, Inflammation Score: -9, Nutrition Score: 15.422608670981%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 8.11mg, Naringenin: 8.11mg, Naringenin: 8.11mg, Naringenin: 8.11mg Apigenin: 3.09mg, Apigenin: 3.09mg, Apigenin: 3.09mg, Apigenin: 3.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 13.61mg, Isorhamnetin: 13.61mg, Isorhamnetin: 13.61mg, Isorhamnetin: 13.61mg Kaempferol: 32.18mg, Kaempferol: 32.18mg, Kaempferol: 32.18mg, Kaempferol: 32.18mg Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg

Nutrients (% of daily need)

Calories: 47.78kcal (2.39%), Fat: 1.41g (2.17%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 3.65g (1.33%), Sugar: 3.27g (3.63%), Cholesterol: 0mg (0%), Sodium: 23.11mg (1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin K: 217.14µg (206.8%), Vitamin C: 65.39mg (79.27%), Vitamin A: 2586.04IU (51.72%), Fiber: 3.94g (15.76%), Vitamin E: 1.74mg (11.57%), Calcium: 107.24mg (10.72%), Potassium: 373.3mg (10.67%), Magnesium: 40.58mg (10.14%), Iron: 1.67mg (9.27%), Copper: 0.18mg (8.97%),

Vitamin B6: 0.16mg (8.08%), Phosphorus: 74.43mg (7.44%), Vitamin B2: 0.11mg (6.48%), Manganese: 0.12mg (5.94%), Vitamin B1: 0.08mg (5.01%), Vitamin B3: 0.82mg (4.12%), Folate: 13.8µg (3.45%), Zinc: 0.38mg (2.54%), Vitamin B5: 0.22mg (2.23%), Selenium: 0.94µg (1.34%)