



HEALTH SCORE

73%

Hearty Greens with Kumquats



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



48 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup chives
- ☐ 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)

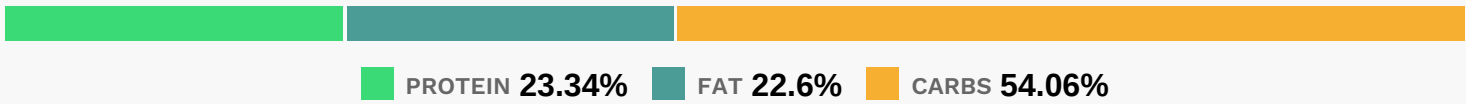
Equipment

- ☐ bowl

Directions

- ☐ Store 12 cups mixed hearty greens (suchas escarole, mustard greens, and kale; ifusing mustard greens or kale, fold leavesover and cut off tough center rib and stems)and 1 cup kumquats, cut into thin rounds,seeded, in 2 separate resealable plasticbags. Chill greens and kumquats overnight.Before serving, empty bags with greensand 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 totaste with kosher salt and freshly groundblack pepper.
- ☐ Transfer to a serving bowl and scatter 1/4 cup 1" pieces chives and,for a little crunch, 3 tablespoons roasted saltedshelled pumpkin seeds (pepitas) over.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:0.7, Inflammation Score:-9, Nutrition Score:15.584347978882%

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: 13.69mg, Isorhamnetin: 13.69mg, Isorhamnetin: 13.69mg, Isorhamnetin: 13.69mg Kaempferol: 32.31mg, Kaempferol: 32.31mg, Kaempferol: 32.31mg, Kaempferol: 32.31mg Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg

Nutrients (% of daily need)

Calories: 48.16kcal (2.41%), Fat: 1.42g (2.18%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 3.67g (1.33%), Sugar: 3.29g (3.66%), Cholesterol: 0mg (0%), Sodium: 23.15mg (1.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Vitamin K: 219.8µg (209.34%), Vitamin C: 66.12mg (80.15%), Vitamin A: 2640.45IU (52.81%), Fiber: 3.97g (15.89%), Vitamin E: 1.74mg (11.59%), Calcium: 108.39mg (10.84%), Potassium: 377mg (10.77%), Magnesium: 41.1mg (10.28%), Iron: 1.69mg (9.39%), Copper: 0.18mg (9.07%), Vitamin

B6: 0.16mg (8.17%), Phosphorus: 75.16mg (7.52%), Vitamin B2: 0.11mg (6.56%), Manganese: 0.12mg (6.17%), Vitamin B1: 0.08mg (5.08%), Vitamin B3: 0.83mg (4.16%), Folate: 15.11µg (3.78%), Zinc: 0.39mg (2.59%), Vitamin B5: 0.23mg (2.27%), Selenium: 0.95µg (1.35%)