



## Late-Summer-Greens Sauté

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



141 kcal

SIDE DISH

### Ingredients

- 0.3 cup apple cider vinegar
- 2 garlic clove crushed
- 1.8 pounds swiss chard assorted thinly sliced chopped (such as kale and Swiss chard)
- 8 servings pepper freshly ground
- 0.3 cup olive oil extra virgin extra-virgin
- 1 teaspoon pepper red crushed
- 1 cup shallots thinly sliced
- 3 tablespoons butter unsalted

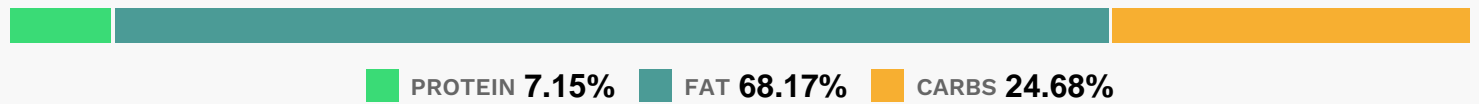
# Equipment

pot

# Directions

- Heat oil in a large heavy pot over medium heat.
- Add shallots and garlic. Cook, stirring often, until soft, about 5 minutes.
- Add red pepper flakes; stir 1 minute.
- Add kale stems; sauté for 4 minutes.
- Add leaves and cook, tossing often, until crisp-tender, about 5 minutes. Stir in apple cider vinegar.
- Add butter; toss until melted. Season to taste with salt and pepper.

# Nutrition Facts



# Properties

Glycemic Index: 20.5, Glycemic Load: 2, Inflammation Score: -10, Nutrition Score: 17.640000059553%

# Flavonoids

Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 5.76mg, Kaempferol: 5.76mg, Kaempferol: 5.76mg, Kaempferol: 5.76mg Myricetin: 3.09mg, Myricetin: 3.09mg, Myricetin: 3.09mg, Myricetin: 3.09mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

# Nutrients (% of daily need)

Calories: 141.1kcal (7.05%), Fat: 11.28g (17.35%), Saturated Fat: 3.67g (22.95%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 6.53g (2.37%), Sugar: 3.48g (3.86%), Cholesterol: 11.29mg (3.76%), Sodium: 220.23mg (9.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Vitamin K: 828.66µg (789.2%), Vitamin A: 6275.62IU (125.51%), Vitamin C: 32.37mg (39.23%), Manganese: 0.5mg (24.89%), Magnesium: 87.79mg (21.95%), Vitamin E: 3.08mg (20.52%), Potassium: 490.82mg (14.02%), Iron: 2.26mg (12.56%), Vitamin B6: 0.22mg (10.76%), Fiber: 2.66g (10.65%), Copper: 0.21mg (10.56%), Phosphorus: 67.3mg (6.73%), Calcium: 66.02mg (6.6%), Folate: 24.21µg (6.05%), Vitamin B2: 0.1mg (5.9%), Vitamin B1: 0.06mg (4%), Zinc: 0.5mg (3.36%), Vitamin B5: 0.27mg (2.7%), Vitamin B3: 0.49mg (2.47%), Selenium: 1.47µg (2.1%)