

Liquid Iron



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



4 kcal

SIDE DISH

Ingredients



0.3 cup kale chopped



0.3 cup pkt spinach chopped



2 stalks swiss chard red chopped



1 teaspoon freshly tea green



6 cups water

Equipment



ladle



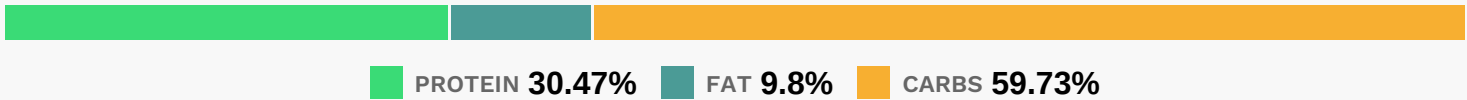
sieve

- ☐ blender
- ☐ spatula

Directions

- ☐ Place the chard, spinach, kale, and tea leaves in a blender with 1 cup of the water. Puree until fairly smooth, for about 1 minute.
- ☐ Strain through a fine-mesh sieve into a large pitcher, using a ladle or rubber spatula to extract as much juice as possible.
- ☐ Add the remaining water, stir gently, and serve.
- ☐ **FOOD PAIRINGS:**High-protein foods such as steak, pork, tofu**TIP:**Feel free to change the leafy greens in this recipe depending on what is available. Regular Swiss chard will work just as well as the red variety, and green kale is an acceptable substitute for purple.
- ☐ Excerpted from Cool Waters, by Brian Preston-Campbell. Photographs copyright © 2009 by Jerry Errico. © 2009, used by permission from The Harvard Common Press.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.12, Inflammation Score:-7, Nutrition Score:6.8713043299706%

Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg Thearubigins: 0.67mg, Thearubigins: 0.67mg, Thearubigins: 0.67mg, Thearubigins: 0.67mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

0.01mg

Nutrients (% of daily need)

Calories: 3.64kcal (0.18%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.37g (0.13%), Sugar: 0.19g (0.21%), Cholesterol: 0mg (0%), Sodium: 47.39mg (2.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Vitamin K: 142.25µg (135.48%), Vitamin A: 1183.18IU (23.66%), Vitamin C: 5.97mg (7.23%), Magnesium: 16.63mg (4.16%), Manganese: 0.08mg (3.87%), Copper: 0.07mg (3.43%), Vitamin E: 0.33mg (2.22%), Potassium: 70.96mg (2.03%), Calcium: 18.72mg (1.87%), Iron: 0.34mg (1.87%), Folate: 5.25µg (1.31%), Fiber: 0.32g (1.28%), Vitamin B2: 0.02mg (1.17%)