



HEALTH SCORE

84%

Mustard Greens



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



75 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup onions thinly sliced
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 pound mustard greens washed and torn into large pieces
- ☐ 2 tablespoons vegetable broth (vegetarian option)
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon sesame oil dark

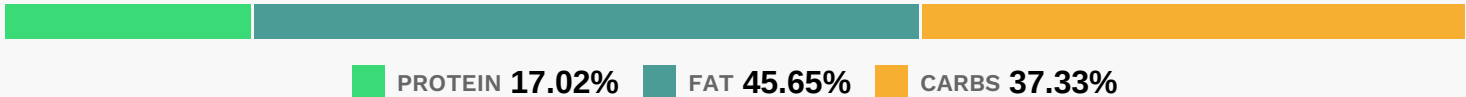
Equipment

☐ frying pan

Directions

- ☐ Sauté onions, garlic: In a large sauté pan, sauté onions in olive oil over medium heat until the onions begin to brown and caramelize, about 5 to 10 minutes.
- ☐ Add the minced garlic and cook a minute more, until fragrant.
- ☐ Add the mustard greens and broth and cook until the mustard greens are just barely wilted.
- ☐ Toss with sesame oil. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:1.14, Inflammation Score:-10, Nutrition Score:18.000000139941%

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: 19.37mg, Isorhamnetin: 19.37mg, Isorhamnetin: 19.37mg, Isorhamnetin: 19.37mg Kaempferol: 43.57mg, Kaempferol: 43.57mg, Kaempferol: 43.57mg, Kaempferol: 43.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 14.07mg, Quercetin: 14.07mg, Quercetin: 14.07mg, Quercetin: 14.07mg

Nutrients (% of daily need)

Calories: 74.69kcal (3.73%), Fat: 4.26g (6.55%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 3.8g (1.38%), Sugar: 2.42g (2.69%), Cholesterol: 0mg (0%), Sodium: 199.17mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.14%), Vitamin K: 295.02µg (280.97%), Vitamin C: 81.33mg (98.58%), Vitamin A: 3446.35IU (68.93%), Vitamin E: 2.79mg (18.62%), Fiber: 4.03g (16.13%), Calcium: 138.4mg (13.84%), Potassium: 472.39mg (13.5%), Vitamin B6: 0.25mg (12.35%), Iron: 1.96mg (10.89%), Copper: 0.2mg (10.06%), Magnesium: 38.88mg (9.72%), Vitamin B2: 0.13mg (7.77%), Phosphorus: 74.06mg (7.41%), Vitamin B1: 0.1mg (6.87%), Vitamin B3: 0.94mg (4.71%), Folate: 17.47µg (4.37%), Manganese: 0.07mg (3.36%), Vitamin B5: 0.27mg (2.73%), Zinc: 0.34mg (2.25%), Selenium: 1.34µg (1.91%)