



HEALTH SCORE

89%

Mustard Greens 'n Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce .5 can cannellini beans white drained canned (kidney)
- ☐ 2 cloves garlic minced to taste
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 pound mustard greens washed and chopped
- ☐ 0.8 teaspoon ground mustard dry
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon pepper flakes red crushed

- ☐ 2 tablespoons water
- ☐ 1 tablespoon distilled vinegar white
- ☐ 1 teaspoon sugar white

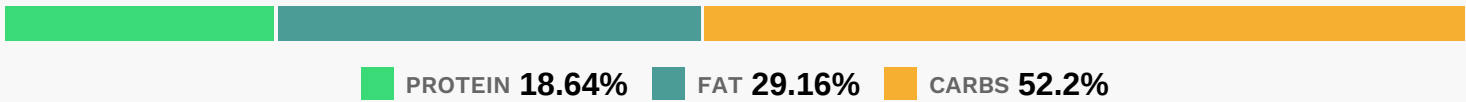
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ In a large Dutch oven over medium heat, heat the olive oil; cook and stir onion and garlic until the onion is translucent, about 5 minutes.
- ☐ In a bowl, mix vinegar, water, sugar, dry mustard, and red pepper flakes until sugar has dissolved.
- ☐ Place the mustard greens into the onion and garlic mixture, and pour in the vinegar mixture. Stir to combine, cover the Dutch oven, and bring to a boil. Simmer the greens until the liquid has been absorbed, 5 to 10 minutes.
- ☐ Mix in the white beans, allow to heat through, and season to taste with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:45.35, Glycemic Load:4.91, Inflammation Score:-9, Nutrition Score:18.881739139557%

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: 13.17mg, Isorhamnetin: 13.17mg, Isorhamnetin: 13.17mg, Isorhamnetin: 13.17mg Kaempferol: 29.08mg, Kaempferol: 29.08mg, Kaempferol: 29.08mg, Kaempferol: 29.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.39mg, Quercetin: 10.39mg, Quercetin: 10.39mg, Quercetin: 10.39mg

Nutrients (% of daily need)

Calories: 156.32kcal (7.82%), Fat: 5.33g (8.2%), Saturated Fat: 0.72g (4.53%), Carbohydrates: 21.48g (7.16%), Net Carbohydrates: 15.21g (5.53%), Sugar: 2.69g (2.99%), Cholesterol: 0mg (0%), Sodium: 22.76mg (0.99%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.34%), Vitamin K: 200.35µg (190.81%), Vitamin C: 54.61mg (66.19%), Vitamin A: 2336.6IU (46.73%), Fiber: 6.27g (25.07%), Manganese: 0.43mg (21.43%), Iron: 3.5mg (19.46%), Vitamin E: 2.83mg (18.89%), Potassium: 649.38mg (18.55%), Magnesium: 63.84mg (15.96%), Copper: 0.3mg (15.25%), Folate: 59.12µg (14.78%), Calcium: 146.72mg (14.67%), Phosphorus: 118.02mg (11.8%), Vitamin B6: 0.23mg (11.42%), Vitamin B1: 0.14mg (9.43%), Zinc: 1.05mg (7%), Vitamin B2: 0.12mg (6.94%), Selenium: 2.62µg (3.75%), Vitamin B3: 0.75mg (3.73%), Vitamin B5: 0.32mg (3.23%)