



Pink Greens



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



50 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch bunchs of kale
- ☐ 2 teaspoons garlic chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon pepper red
- ☐ 0.3 teaspoon salt
- ☐ 1 shallots chopped
- ☐ 2 teaspoons sherry vinegar

- ☐ 2 teaspoons sugar
- ☐ 0.3 cup water

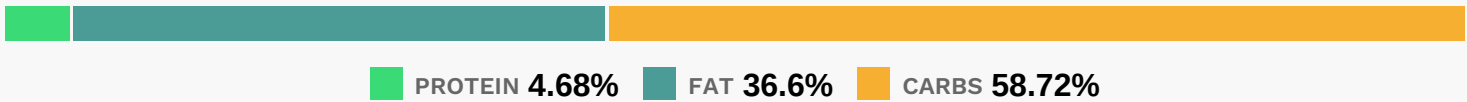
Equipment

- ☐ frying pan

Directions

- ☐ Wash and trim your beet greens. If the stems are very thick it is worth trimming them back a bit.
- ☐ On medium heat, saute the garlic, shallot and red pepper flake in the olive oil until slightly browned.
- ☐ Add black pepper, sugar and salt.
- ☐ Place the beet greens into the pan, pour the water on and immediately cover. Do not remove the lid for a few minutes to allow the greens to wilt. Once they have cooked down, remove the lid and stir all of the ingredients together. Cook for a few more minutes allowing the water to evaporate.
- ☐ Just before removing pour the vinegar over the greens.
- ☐ Remove, serve and enjoy!

Nutrition Facts



Properties

Glycemic Index:81.05, Glycemic Load:3.64, Inflammation Score:-2, Nutrition Score:1.8430434685686%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 49.57kcal (2.48%), Fat: 2.09g (3.22%), Saturated Fat: 0.29g (1.84%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 6.86g (2.49%), Sugar: 5.03g (5.59%), Cholesterol: 0mg (0%), Sodium: 299.98mg (13.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.2%), Manganese: 0.16mg (7.99%), Vitamin B6: 0.09mg (4.38%),

Vitamin K: 4.44µg (4.23%), Fiber: 0.69g (2.78%), Vitamin E: 0.4mg (2.69%), Vitamin C: 2.11mg (2.56%), Vitamin A: 109.26IU (2.19%), Potassium: 71.22mg (2.03%), Iron: 0.34mg (1.91%), Copper: 0.04mg (1.79%), Calcium: 15.11mg (1.51%), Phosphorus: 14.23mg (1.42%), Magnesium: 5.46mg (1.36%), Folate: 4.57µg (1.14%), Vitamin B1: 0.02mg (1.01%)