



 **70%**
HEALTH SCORE

Sautéed Baby Beet Greens

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



27 kcal

SIDE DISH

Ingredients

- 8 cups bunches of kale fresh
- 1 garlic clove thinly sliced
- 1 teaspoon olive oil
- 4 servings salt and pepper to taste

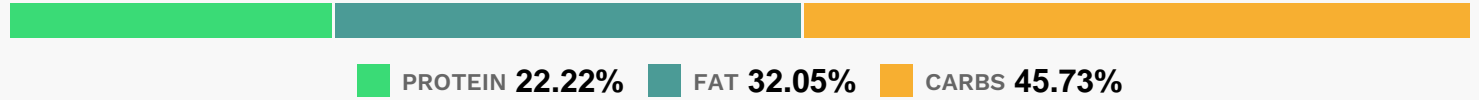
Equipment

- frying pan

Directions

- Saut garlic in hot oil in a large skillet over medium-high heat 30 seconds.
- Add beet greens, and saut 2 to 3 minutes or until wilted. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.07, Inflammation Score:-10, Nutrition Score:15.176521928414%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 26.68kcal (1.33%), Fat: 1.1g (1.7%), Saturated Fat: 0.15g (0.96%), Carbohydrates: 3.54g (1.18%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.39g (0.43%), Cholesterol: 0mg (0%), Sodium: 365.7mg (15.9%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Vitamin K: 304.61µg (290.11%), Vitamin A: 4807.83IU (96.16%), Vitamin C: 23.03mg (27.92%), Potassium: 582.18mg (16.63%), Manganese: 0.31mg (15.51%), Magnesium: 53.39mg (13.35%), Fiber: 2.83g (11.31%), Iron: 1.97mg (10.96%), Vitamin B2: 0.17mg (9.88%), Calcium: 90.41mg (9.04%), Vitamin E: 1.28mg (8.56%), Copper: 0.15mg (7.38%), Vitamin B1: 0.08mg (5.17%), Vitamin B6: 0.09mg (4.49%), Phosphorus: 32.31mg (3.23%), Folate: 11.42µg (2.86%), Zinc: 0.3mg (1.99%), Vitamin B5: 0.19mg (1.94%), Vitamin B3: 0.31mg (1.55%), Selenium: 0.79µg (1.13%)