



 **89%**
HEALTH SCORE

Sauteed Beet Greens

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

Ingredients

- 1 pound beet greens – stems discarded and leaves shredded
- 1.3 teaspoons capers
- 2 tablespoons garlic minced
- 1 tablespoon oil-packed sun-dried tomatoes chopped
- 2 tablespoons olive oil
- 0.5 onion chopped
- 4 servings cracked pepper black to taste
- 4 servings sea salt to taste

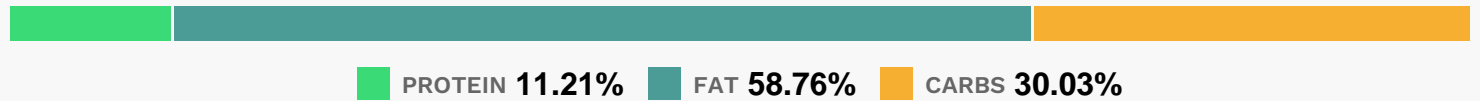
Equipment

frying pan

Directions

- Heat olive oil in a skillet over medium heat. Cook and stir onion in hot oil until it begins to turn translucent, 3 to 5 minutes. Stir garlic into the onion; cook together about 1 minute. Fold the beet greens into the onion mixture, stirring to coat; cook until the greens wilt, 3 to 5 minutes.
- Add capers and sun-dried tomatoes; cook and stir until hot, about 1 minute.
- Remove skillet from heat; season dish with sea salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.83, Inflammation Score:-10, Nutrition Score:20.042608706847%

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: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 101.91kcal (5.1%), Fat: 7.23g (11.12%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 8.31g (2.77%), Net Carbohydrates: 3.6g (1.31%), Sugar: 1.66g (1.85%), Cholesterol: 0mg (0%), Sodium: 470.1mg (20.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Vitamin K: 458.78µg (436.94%), Vitamin A: 7186.53IU (143.73%), Vitamin C: 36.8mg (44.61%), Manganese: 0.56mg (28.24%), Potassium: 944.77mg (26.99%), Magnesium: 84.56mg (21.14%), Fiber: 4.71g (18.85%), Vitamin E: 2.72mg (18.14%), Iron: 3.19mg (17.7%), Vitamin B2: 0.26mg (15.57%), Calcium: 145.34mg (14.53%), Copper: 0.26mg (12.77%), Vitamin B6: 0.19mg (9.54%), Vitamin B1: 0.13mg (8.97%), Phosphorus: 61.27mg (6.13%), Folate: 20.75µg (5.19%), Zinc: 0.53mg (3.53%), Vitamin B5: 0.35mg (3.52%), Vitamin B3: 0.62mg (3.08%), Selenium: 1.74µg (2.48%)