



 **100%**
HEALTH SCORE

Sauteed Dandelion Greens

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



8

CALORIES



103 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper dried hot
- 3 pound dandelion greens
- 5 large garlic clove smashed
- 0.5 teaspoon sea salt fine
- 0.5 cup olive oil extra virgin extra-virgin

Equipment

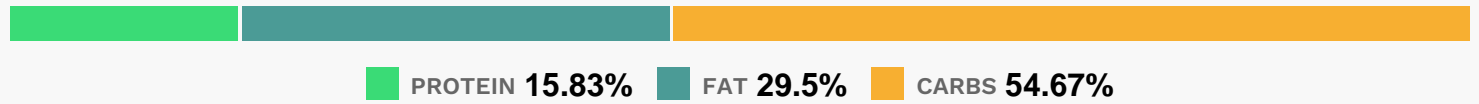
- frying pan
- paper towels

- pot
- colander

Directions

- Cook greens in a 10-to 12-quart pot of boiling salted water (3 tablespoons salt for 8 quarts water), uncovered, until ribs are tender, about 10 minutes.
- Drain in a colander, then rinse under cold water to stop cooking and drain well, gently pressing out excess water.
- Heat oil in a 12-inch heavy skillet over medium heat until it shimmers, then cook garlic and red-pepper flakes, stirring, until pale golden, about 45 seconds. Increase heat to medium-high, then add greens and sea salt and sauté until coated with oil and heated through, about 4 minutes.
- Dandelion greens can be boiled 3 days ahead. Chill, wrapped in paper towels, in a sealed bag.
- Nutrition Data
- See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.17, Inflammation Score:-10, Nutrition Score:25.635217443756%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 103.38kcal (5.17%), Fat: 3.91g (6.01%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 10.29g (3.74%), Sugar: 1.23g (1.37%), Cholesterol: 0mg (0%), Sodium: 276.01mg (12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Vitamin K: 1325.08µg (1261.98%), Vitamin A: 17302.27IU (346.05%), Vitamin C: 60.12mg (72.87%), Vitamin E: 6.27mg (41.77%), Calcium: 321.8mg (32.18%), Manganese: 0.61mg (30.73%), Iron: 5.33mg (29.62%), Vitamin B2: 0.44mg (26.17%), Fiber: 6.01g (24.06%), Vitamin B6: 0.45mg (22.58%), Vitamin B1: 0.33mg (21.81%), Potassium: 684.08mg (19.55%), Magnesium: 61.8mg (15.45%), Copper: 0.3mg (14.86%), Phosphorus: 115.32mg (11.53%), Folate: 46µg (11.5%), Vitamin B3: 1.39mg (6.96%), Zinc: 0.72mg

(4.81%), Selenium: 1.13µg (1.61%), Vitamin B5: 0.15mg (1.55%)