



Sautéed Early Winter Greens



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter
- ☐ 3 garlic cloves minced
- ☐ 1 lb kale fresh washed trimmed chopped
- ☐ 1 lb mustard greens fresh washed trimmed chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 lb turnip greens fresh washed trimmed chopped

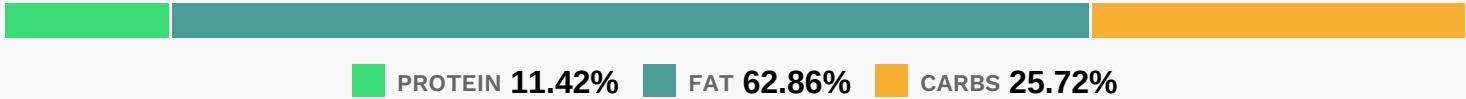
Equipment

☐ dutch oven

Directions

- ☐ Melt butter with oil in a large Dutch oven over medium-high heat; add garlic, and cook, stirring often, 1 minute.
- ☐ Add chopped turnip greens and remaining ingredients; cook, stirring often, 10 to 14 minutes or until greens are tender.
- ☐ Serve immediately.
- ☐ Note: Any combination of winter greens may be used in this recipe.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:29.663478436677%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 30.09mg, Isorhamnetin: 30.09mg, Isorhamnetin: 30.09mg, Isorhamnetin: 30.09mg Kaempferol: 73.31mg, Kaempferol: 73.31mg, Kaempferol: 73.31mg, Kaempferol: 73.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 24.3mg, Quercetin: 24.3mg, Quercetin: 24.3mg, Quercetin: 24.3mg

Nutrients (% of daily need)

Calories: 181.68kcal (9.08%), Fat: 13.92g (21.41%), Saturated Fat: 5.64g (35.24%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 4.83g (1.76%), Sugar: 2.24g (2.48%), Cholesterol: 20.07mg (6.69%), Sodium: 339.59mg (14.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.37%), Vitamin K: 683.26µg (650.72%), Vitamin A: 18831.87IU (376.64%), Vitamin C: 169.36mg (205.28%), Folate: 202.94µg (50.74%), Manganese: 0.89mg (44.33%), Calcium: 428.09mg (42.81%), Vitamin E: 5.07mg (33.81%), Fiber: 7.99g (31.96%), Vitamin B2: 0.43mg (25.06%), Vitamin B6: 0.47mg (23.26%), Potassium: 786.6mg (22.47%), Copper: 0.44mg (21.76%), Iron: 3.34mg (18.58%), Magnesium: 73.28mg (18.32%), Vitamin B1: 0.2mg (13.49%), Phosphorus: 121.84mg (12.18%), Vitamin B3: 1.97mg (9.83%), Vitamin B5: 0.54mg (5.35%), Zinc: 0.65mg (4.37%), Selenium: 2.58µg (3.68%)