



HEALTH SCORE

63%

Sautéed Greens



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



26 min.

SERVINGS



6

CALORIES



62 kcal

SIDE DISH

Ingredients

- ☐ 1 lb collard greens fresh washed trimmed coarsely chopped
- ☐ 1 tablespoon ginger fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 tablespoon rice vinegar
- ☐ 1 teaspoon salt
- ☐ 1 serrano chiles split

- ☐ 1 tablespoon sesame oil
- ☐ 1 tablespoon sugar

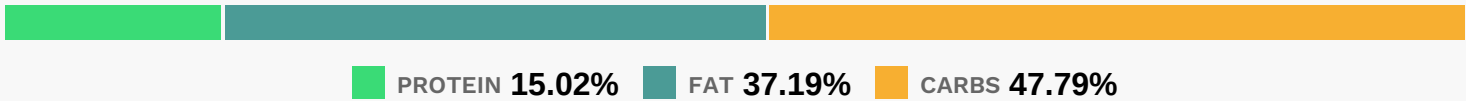
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Saut onion and next 3 ingredients in hot oil in a large skillet or wok 1 minute. Stir in salt and pepper.
- ☐ Add greens; saut 2 minutes.
- ☐ Add sugar and vinegar; cover and cook 3 minutes or until wilted.
- ☐ Remove and discard serrano pepper before serving.
- ☐ *1/2 jalapeo pepper, split, may be substituted.
- ☐ Try This Twist!
- ☐ Sauted Greens With Pork: Stir in 1/2 lb. chopped smoked pork with greens.

Nutrition Facts



Properties

Glycemic Index:37.35, Glycemic Load:1.86, Inflammation Score:-10, Nutrition Score:15.370869491411%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 6.7mg, Kaempferol: 6.7mg, Kaempferol: 6.7mg, Kaempferol: 6.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg

Nutrients (% of daily need)

Calories: 62.24kcal (3.11%), Fat: 2.84g (4.37%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 4.83g (1.76%), Sugar: 2.98g (3.32%), Cholesterol: 0mg (0%), Sodium: 401.58mg (17.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Vitamin K: 331.15µg (315.39%), Vitamin A: 3804.98IU

(76.1%), Vitamin C: 28.65mg (34.73%), Manganese: 0.57mg (28.4%), Folate: 100.49µg (25.12%), Calcium: 182.63mg (18.26%), Fiber: 3.38g (13.54%), Vitamin E: 1.76mg (11.71%), Vitamin B6: 0.17mg (8.34%), Vitamin B2: 0.11mg (6.2%), Magnesium: 23.16mg (5.79%), Potassium: 196.79mg (5.62%), Vitamin B1: 0.05mg (3.4%), Vitamin B3: 0.61mg (3.06%), Phosphorus: 26.23mg (2.62%), Copper: 0.05mg (2.56%), Iron: 0.45mg (2.48%), Vitamin B5: 0.23mg (2.34%), Selenium: 1.31µg (1.87%), Zinc: 0.21mg (1.39%)