



 **18%**  
HEALTH SCORE

## Sauteed Greens n' Shrooms

 Vegetarian  Gluten Free

READY IN



17 min.

SERVINGS



4

CALORIES



206 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter
- 4 servings honey
- 0.5 juice of lemon juiced
- 0.5 pound mushrooms mixed good (cremini, shiitake - whichever look to you)
- 3 tablespoons olive oil extra virgin extra-virgin
- 4 servings pepper black freshly ground
- 1 pound swiss chard stemmed coarsely chopped

### Equipment

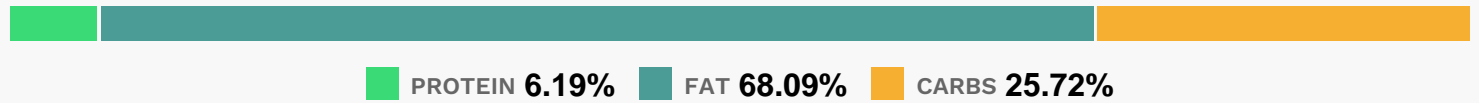
frying pan

## Directions

Heat the olive oil, 3 turns of the pan, in large skillet over medium-high heat. Coarsely chop mushrooms and add to the pan, toss for 2 to 3 minutes then add the greens to wilt. Season with salt and pepper. Dress greens with lemon juice then toss with butter as it melts to form a sauce.

Drizzle a little honey over the greens and serve.

## Nutrition Facts



## Properties

Glycemic Index:49.57, Glycemic Load:4.58, Inflammation Score:-10, Nutrition Score:20.658695644011%

## Flavonoids

Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 6.58mg, Kaempferol: 6.58mg, Kaempferol: 6.58mg, Kaempferol: 6.58mg Myricetin: 3.52mg, Myricetin: 3.52mg, Myricetin: 3.52mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

## Nutrients (% of daily need)

Calories: 206.19kcal (10.31%), Fat: 16.69g (25.68%), Saturated Fat: 5.08g (31.77%), Carbohydrates: 14.19g (4.73%), Net Carbohydrates: 10.9g (3.96%), Sugar: 8.44g (9.38%), Cholesterol: 15.05mg (5.02%), Sodium: 292.2mg (12.7%), Alcohol: 0g (100%), Protein: 3.42g (6.83%), Vitamin K: 948.18µg (903.03%), Vitamin A: 7111.13IU (142.22%), Vitamin C: 35.51mg (43.04%), Manganese: 0.56mg (28.21%), Magnesium: 103.87mg (25.97%), Vitamin E: 3.82mg (25.5%), Potassium: 612.76mg (17.51%), Copper: 0.29mg (14.4%), Vitamin B6: 0.28mg (14.11%), Vitamin B2: 0.23mg (13.58%), Vitamin B3: 2.67mg (13.34%), Iron: 2.38mg (13.2%), Fiber: 3.28g (13.13%), Phosphorus: 118.08mg (11.81%), Vitamin B5: 1.06mg (10.64%), Zinc: 1.02mg (6.78%), Selenium: 4.39µg (6.27%), Calcium: 61.84mg (6.18%), Folate: 24.36µg (6.09%), Vitamin B1: 0.06mg (3.68%), Vitamin D: 0.23µg (1.51%)