



Sautéed Greens with Pine Nuts and Raisins



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



2

CALORIES



326 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup pinenuts
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup golden raisins
- ☐ 1 bunch turnip greens chopped (if any)
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 0.3 cup roughly wine dry white with 1 tablespoon balsamic vinegar or lemon juice)
- ☐ 2 servings salt and pepper to taste

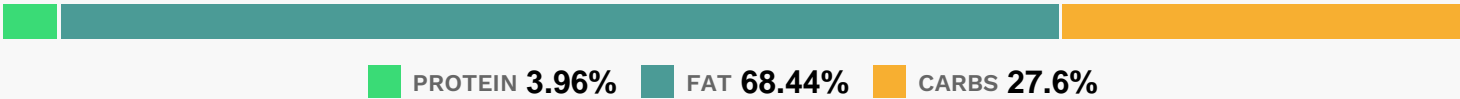
Equipment

☐ frying pan

Directions

- ☐ Toast the pine nuts:
- ☐ Heat a large sauté pan hot on medium-high heat and add the pine nuts. Toast them until they are fragrant and begin to brown. Pay attention as pine nuts burn easily. Stir or toss the nuts frequently. Once they are toasted, remove from pan and set aside.
- ☐ Add the olive oil to the pan and swirl it around.
- ☐ Add the garlic and sauté for 30 seconds; the pan should already be hot, so it won't take long for the garlic to begin to brown.
- ☐ Wilt the greens:
- ☐ Add the greens and mix well. Sauté, stirring often, until the greens wilt and begin to give up some of their water, anywhere from 1-2 minutes for spinach to 4-5 minutes for collards or kale.
- ☐ Add the nuts, raisins, salt, and red pepper flakes: Stir in the nuts and raisins, and sprinkle with salt and red pepper flakes.
- ☐ the white wine: Use a little more wine if you are cooking collards, and less if you are cooking spinach. Toss to combine and let the liquid boil away. Once the liquid boils off, remove from heat.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:68.33, Glycemic Load:10.75, Inflammation Score:-4, Nutrition Score:10.252174004264%

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 Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.49mg,

Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 326.16kcal (16.31%), Fat: 25.71g (39.56%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 23.33g (7.78%), Net Carbohydrates: 21.73g (7.9%), Sugar: 16.17g (17.97%), Cholesterol: 0mg (0%), Sodium: 212.82mg (9.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Manganese: 1.64mg (82.22%), Vitamin E: 3.82mg (25.46%), Vitamin K: 19.99µg (19.04%), Copper: 0.31mg (15.64%), Magnesium: 54.18mg (13.55%), Phosphorus: 130.23mg (13.02%), Iron: 1.71mg (9.5%), Potassium: 295.1mg (8.43%), Zinc: 1.23mg (8.2%), Fiber: 1.6g (6.41%), Vitamin B6: 0.12mg (6.17%), Vitamin B3: 1.03mg (5.15%), Vitamin B2: 0.08mg (4.79%), Vitamin B1: 0.07mg (4.7%), Vitamin A: 211.35IU (4.23%), Calcium: 29.2mg (2.92%), Vitamin C: 1.95mg (2.37%), Folate: 7.48µg (1.87%), Selenium: 0.78µg (1.11%), Vitamin B5: 0.1mg (1.02%)