



## Sauteed Mustard Greens

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



129 kcal

SIDE DISH

### Ingredients

- 3 cloves garlic smashed
- 4 servings kosher salt
- 1 large bunch mustard greens washed cut into 2-inch pieces and , left wet
- 4 servings olive oil extra-virgin
- 1 pinch pepper flakes red crushed
- 2 tablespoons red wine vinegar

### Equipment

- bowl

frying pan

## Directions

- Coat a large saute pan with olive oil and put on medium-high heat. Toss in the garlic cloves and a pinch of crushed red pepper. Cook the garlic until it becomes golden brown and is very aromatic.
- Remove the garlic and discard.
- Add the mustard greens and season with salt, to taste. Cover and cook the greens until they are soft and wilted. Stir in the vinegar. Taste for seasoning and add salt, if needed.
- Transfer the greens to a serving bowl and serve.

## Nutrition Facts

**PROTEIN 0.48%** **FAT 97.09%** **CARBS 2.43%**

## Properties

Glycemic Index:15.5, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1.3821739103321%

## 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 Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 128.68kcal (6.43%), Fat: 14.02g (21.56%), Saturated Fat: 1.93g (12.09%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.73g (0.26%), Sugar: 0.03g (0.03%), Cholesterol: 0mg (0%), Sodium: 195.51mg (8.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.31%), Vitamin E: 2.03mg (13.55%), Vitamin K: 9.14µg (8.7%), Manganese: 0.04mg (2.1%), Vitamin B6: 0.03mg (1.44%), Vitamin C: 0.91mg (1.11%)