



Seared Greens with Red Onion and Vinegar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



105 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon mustard seeds
- ☐ 0.5 onion red sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 4 servings salt and pepper
- ☐ 1.5 pounds swiss chard red yellow coarsely chopped
- ☐ 2 tablespoons vegetable oil light

Equipment

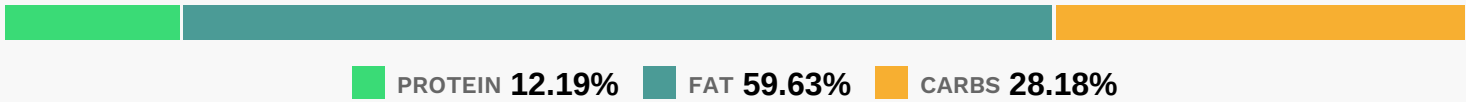
- ☐ frying pan

☐ tongs

Directions

- ☐ Heat a large skillet over high heat.
- ☐ Add extra-virgin olive oil and onion. Sear onion and mustard seeds, 2 minutes.
- ☐ Add greens and toss with tongs in oil. Sear greens 2 to 3 minutes.
- ☐ Add vinegar to the pan.
- ☐ Remove pan from heat and season greens with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:1.45, Inflammation Score:-10, Nutrition Score:21.218260951664%

Flavonoids

Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 9.95mg, Kaempferol: 9.95mg, Kaempferol: 9.95mg, Kaempferol: 9.95mg Myricetin: 5.28mg, Myricetin: 5.28mg, Myricetin: 5.28mg, Myricetin: 5.28mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg

Nutrients (% of daily need)

Calories: 104.58kcal (5.23%), Fat: 7.43g (11.42%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 4.85g (1.76%), Sugar: 2.51g (2.78%), Cholesterol: 0mg (0%), Sodium: 557.94mg (24.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.83%), Vitamin K: 1424.41µg (1356.58%), Vitamin A: 10403.65IU (208.07%), Vitamin C: 52.17mg (63.24%), Magnesium: 142.53mg (35.63%), Manganese: 0.67mg (33.3%), Vitamin E: 3.81mg (25.41%), Potassium: 676.14mg (19.32%), Iron: 3.23mg (17.94%), Copper: 0.32mg (15.82%), Fiber: 3.05g (12.19%), Vitamin B6: 0.19mg (9.39%), Vitamin B2: 0.16mg (9.34%), Calcium: 92.92mg (9.29%), Phosphorus: 89.64mg (8.96%), Folate: 27.64µg (6.91%), Vitamin B1: 0.08mg (5.36%), Zinc: 0.69mg (4.58%), Selenium: 3.16µg (4.52%), Vitamin B3: 0.73mg (3.66%), Vitamin B5: 0.32mg (3.16%)