



Simple Sautéed Mustard Greens

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



47 kcal

SIDE DISH

Ingredients

- 0.3 cup chicken stock see
- 2 cloves garlic minced
- 6 servings kosher salt and pepper black freshly ground
- 2 bunches mustard greens stemmed chopped
- 1 tablespoon mustard stone-ground
- 2 tablespoons vegetable oil

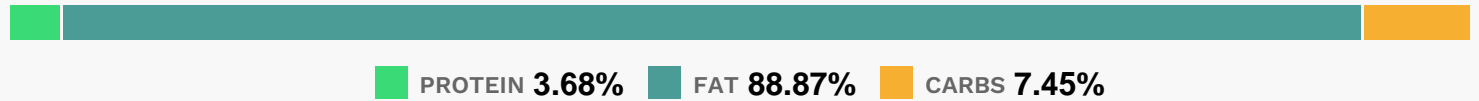
Equipment

- frying pan

Directions

- In a large pan with straight sides on medium heat add the oil.
- Add the garlic to the hot oil.
- Saute until garlic is softened and fragrant and has infused the oil.
- Add the mustard greens. Season the greens with salt, and pepper, and saute while tossing to wilt. Once wilted add the chicken stock and stir. Raise heat to a simmer, then lower and cook for about 5 minutes more.
- Stir in the ground mustard.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.0608695486318%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 47.03kcal (2.35%), Fat: 4.75g (7.3%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 0.9g (0.3%), Net Carbohydrates: 0.73g (0.27%), Sugar: 0.21g (0.23%), Cholesterol: 0.3mg (0.1%), Sodium: 42.06mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin K: 9.44µg (8.99%), Vitamin E: 0.39mg (2.61%), Manganese: 0.04mg (1.99%), Selenium: 1.22µg (1.74%), Vitamin B6: 0.02mg (1.06%)