



WHATSheATE



Skillet Greens with Cumin and Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 2 garlic clove smashed
- ☐ 1 large bunch mustard greens whole thick packed cut into 1-inch strips (10 cups) (such as spinach, mustard greens, kale, or broccoli rabe; 1 pound)
- ☐ 1 teaspoon ground cumin
- ☐ 3 tablespoons olive oil extra virgin extra-virgin

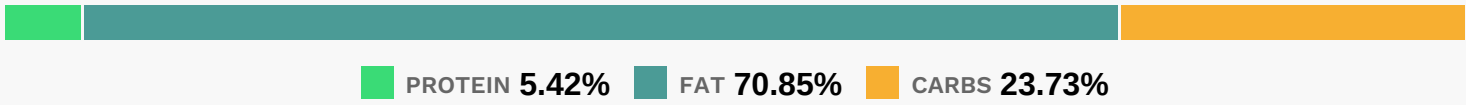
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in large nonstick skillet over medium heat.
- ☐ Add garlic and cumin; stir 1 minute.
- ☐ Add greens by large handfuls; stir just until beginning to wilt before adding more, tossing until coated with oil. Cook until tender, 1 to 6 minutes.
- ☐ Add tomatoes and sauté until heated through, about 2 minutes. Season to taste with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:2.25, Inflammation Score:-3, Nutrition Score:6.2430434641631%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.02mg, 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: 129.88kcal (6.49%), Fat: 10.91g (16.78%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 6.18g (2.25%), Sugar: 4.55g (5.06%), Cholesterol: 0mg (0%), Sodium: 137.01mg (5.96%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.88g (3.75%), Vitamin E: 2.82mg (18.8%), Vitamin C: 10.14mg (12.29%), Vitamin K: 12.47µg (11.87%), Manganese: 0.23mg (11.49%), Copper: 0.2mg (9.86%), Iron: 1.76mg (9.76%), Potassium: 317.13mg (9.06%), Vitamin B6: 0.18mg (8.77%), Fiber: 2.04g (8.18%), Vitamin B3: 1.29mg (6.46%), Magnesium: 22.84mg (5.71%), Vitamin B1: 0.08mg (5.56%), Vitamin A: 234.99IU (4.7%), Calcium: 42.7mg (4.27%), Phosphorus: 37.82mg (3.78%), Folate: 13.48µg (3.37%), Vitamin B2: 0.06mg (3.35%), Vitamin B5: 0.3mg (2.95%), Zinc: 0.32mg (2.13%), Selenium: 0.86µg (1.23%)