



Sweet Burgundy Greens

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



233 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups bunches of kale
- 2 teaspoons butter
- 7 turkish figs dried stemmed quartered
- 1 clove garlic minced
- 2 servings salt to taste
- 2 cups pkt spinach fresh
- 0.5 cup riesling wine

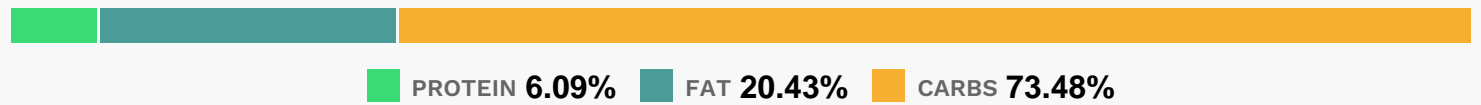
Equipment

frying pan

Directions

- Heat beet greens, figs, and Riesling wine in a large skillet over medium heat until nearly softened, about 7 minutes, stirring often.
- Stir spinach, garlic, and butter into the beet greens mixture. Reduce heat to medium-low; cook and stir until spinach is wilted, about 3 minutes. Season with salt.
- Sprinkle Parmesan cheese atop vegetables to serve.

Nutrition Facts



Properties

Glycemic Index:94, Glycemic Load:17.92, Inflammation Score:-10, Nutrition Score:20.988260948788%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 2.78mg, Catechin: 2.78mg, Catechin: 2.78mg, Catechin: 2.78mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 10.79mg, Quercetin: 10.79mg, Quercetin: 10.79mg, Quercetin: 10.79mg

Nutrients (% of daily need)

Calories: 232.65kcal (11.63%), Fat: 4.75g (7.31%), Saturated Fat: 2.7g (16.89%), Carbohydrates: 38.47g (12.82%), Net Carbohydrates: 31.29g (11.38%), Sugar: 29.33g (32.59%), Cholesterol: 10.75mg (3.58%), Sodium: 340.52mg (14.81%), Alcohol: 6.24g (100%), Alcohol %: 2.55% (100%), Protein: 3.19g (6.37%), Vitamin K: 305.5µg (290.95%), Vitamin A: 5590.56IU (111.81%), Manganese: 0.74mg (37.08%), Vitamin C: 23.8mg (28.85%), Fiber: 7.17g (28.69%), Potassium: 929.61mg (26.56%), Magnesium: 87.13mg (21.78%), Folate: 75.19µg (18.8%), Vitamin B6: 0.35mg (17.38%), Iron: 2.69mg (14.93%), Calcium: 144.24mg (14.42%), Vitamin B2: 0.24mg (14.41%), Copper: 0.24mg (12.15%), Vitamin B1: 0.17mg (11.51%), Vitamin E: 1.49mg (9.92%), Phosphorus: 70.28mg (7.03%), Vitamin B5: 0.68mg (6.76%), Vitamin B3: 1.18mg (5.91%), Zinc: 0.67mg (4.44%), Selenium: 1.38µg (1.97%)