



## Sweet Burgundy Greens

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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

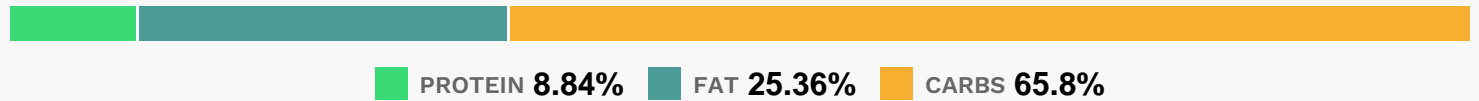
# Equipment

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:21.956521862875%

# 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: 262.48kcal (13.12%), Fat: 6.74g (10.37%), Saturated Fat: 3.8g (23.76%), Carbohydrates: 39.34g (13.11%), Net Carbohydrates: 32.17g (11.7%), Sugar: 29.34g (32.6%), Cholesterol: 16.92mg (5.64%), Sodium: 464.55mg (20.2%), Alcohol: 6.24g (100%), Alcohol %: 2.49% (100%), Protein: 5.28g (10.57%), Vitamin K: 305.62µg (291.07%), Vitamin A: 5651.87IU (113.04%), Manganese: 0.75mg (37.38%), Vitamin C: 23.8mg (28.85%), Fiber: 7.17g (28.69%), Potassium: 942.66mg (26.93%), Magnesium: 89.61mg (22.4%), Calcium: 206.9mg (20.69%), Folate: 75.62µg (18.91%), Vitamin B6: 0.35mg (17.67%), Vitamin B2: 0.27mg (15.85%), Iron: 2.72mg (15.11%), Copper: 0.25mg (12.29%), Vitamin B1: 0.17mg (11.64%), Phosphorus: 115.21mg (11.52%), Vitamin E: 1.52mg (10.17%), Vitamin B5: 0.7mg (6.99%), Zinc: 0.97mg (6.49%), Vitamin B3: 1.19mg (5.93%), Selenium: 3.86µg (5.51%), Vitamin B12: 0.1µg (1.74%)