



Warm Wilted Winter Greens



Gluten Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



787 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 1 tablespoon grainy mustard
- ☐ 3 bunches winter greens assorted washed stemmed (such as Swiss chard, radicchio, or escarole)
- ☐ 0.3 cup honey
- ☐ 4 servings olive oil extra-virgin
- ☐ 4 servings parmesan shavings for garnish
- ☐ 0.5 cup pomegranate seeds for garnish
- ☐ 1 shallots chopped for garnish

☐ 0.5 pint walnuts for garnish

Equipment

☐ frying pan

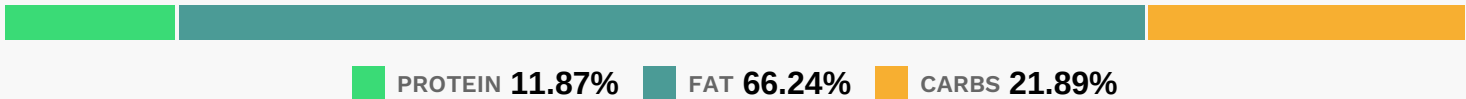
☐ whisk

Directions

☐ Cook honey and balsamic together over medium-high heat in a large saute pan, about 5 minutes. Toast walnuts in a small skillet; set aside to cool.

☐ Pile greens on a platter. Stir mustard into balsamic-honey dressing, then whisk in about 1 cup extra-virgin olive oil; pour over greens. Season greens with salt and pepper and garnish with walnuts, pomegranate seeds, shavings of Parmesan, and shallot.

Nutrition Facts



Properties

Glycemic Index:77.57, Glycemic Load:16.73, Inflammation Score:-10, Nutrition Score:41.94217441393%

Flavonoids

Cyanidin: 1.6mg, Cyanidin: 1.6mg, Cyanidin: 1.6mg, Cyanidin: 1.6mg Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 13.05mg, Kaempferol: 13.05mg, Kaempferol: 13.05mg, Kaempferol: 13.05mg Myricetin: 6.97mg, Myricetin: 6.97mg, Myricetin: 6.97mg, Myricetin: 6.97mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 787.19kcal (39.36%), Fat: 61.14g (94.05%), Saturated Fat: 10.58g (66.15%), Carbohydrates: 45.45g (15.15%), Net Carbohydrates: 36.67g (13.33%), Sugar: 29.77g (33.08%), Cholesterol: 20.4mg (6.8%), Sodium: 1012.11mg (44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.64g (49.29%), Vitamin K: 1881.5µg (1791.91%), Vitamin A: 14010.04IU (280.2%), Manganese: 2.97mg (148.29%), Vitamin C: 70.98mg (86.04%), Magnesium: 298.72mg (74.68%), Copper: 1.41mg (70.47%), Calcium: 544.66mg (54.47%), Phosphorus: 538.43mg (53.84%), Vitamin E: 6.89mg (45.91%), Iron: 6.61mg (36.72%), Potassium: 1262.93mg (36.08%), Fiber: 8.79g (35.15%), Vitamin B6: 0.61mg

(30.61%), Folate: 102.17µg (25.54%), Zinc: 3.66mg (24.37%), Vitamin B2: 0.41mg (24.32%), Vitamin B1: 0.33mg (21.86%), Selenium: 13.3µg (18.99%), Vitamin B5: 0.98mg (9.81%), Vitamin B3: 1.76mg (8.81%), Vitamin B12: 0.36µg (6%)