



Wilted Autumn Greens with Honey Mustard Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



453 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces bacon diced
- ☐ 1 medium butternut squash
- ☐ 0.3 cup canola oil
- ☐ 0.3 cup champagne vinegar
- ☐ 0.5 cup honey (12)
- ☐ 2 tablespoons dijon mustard
- ☐ 1 teaspoon thyme leaves fresh chopped

- ☐ 2 tablespoons local honey
- ☐ 0.3 pound mustard greens (2 bunches)
- ☐ 1 tablespoon olive oil
- ☐ 1 cup asian pears diced cored peeled
- ☐ 1 teaspoon pepper freshly ground
- ☐ 10 shallots peeled
- ☐ 0.3 pound pkt spinach fresh (2 bunches)
- ☐ 0.3 pound tatsoi (2 heads)
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Equipment

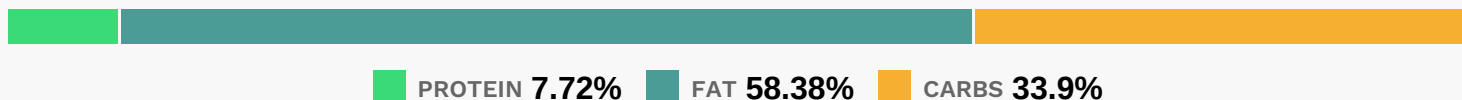
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ sieve
- ☐ blender
- ☐ aluminum foil
- ☐ measuring cup
- ☐ cutting board
- ☐ peeler

Directions

- ☐ Preheat the oven to 400°F.

- ☐ Peel the squash: First cut into two cross sections, scrape out the seeds, and place the squash, flat side down, on a cutting board. Work around the squash with a sharp knife or peeler, making sure to remove the layer of lighter colored flesh under the skin as well as the skin. Dice into 1/2-inch cubes to make about 1 cup (reserve any leftovers for another use).
- ☐ Arrange the diced squash and pears on a baking sheet and toss with the oil. Roast until browned, about 20 minutes; set aside at room temperature.
- ☐ Make a cross slit on the rounded end of each chestnut with a sharp paring knife.
- ☐ Place on a baking sheet and roast for 15 minutes, or until the cut sections on the bottoms of the nuts just start to curl. Peel the chestnuts as soon as they are cool enough to handle, as they will peel the easiest when hot.
- ☐ Cut into quarters and set aside.
- ☐ Reduce the oven temperature to 350°F. Wrap the shallots in parchment paper and then in aluminum foil.
- ☐ Bake until tender and slightly caramelized, about 1 hour. Once the shallots are cool enough to handle, chop coarsely and set aside.
- ☐ To make the vinaigrette: In a large sauté pan, cook the bacon over medium heat until crispy; transfer the bacon to a paper towel-lined plate and reserve the fat in the pan. Once the fat has cooled slightly, strain through a fine-mesh strainer into a measuring cup that has a spout. In a blender or food processor, combine the mustard, honey, vinegar, thyme, and pepper and blend for 30 seconds. Slowly add the strained warm bacon fat and the oil through the cap of the blender or the feed tube of a food processor, blending until thoroughly combined.
- ☐ Pour the vinaigrette into a large mixing bowl.
- ☐ Add the squash and pears, chestnuts, shallots, bacon, komatsuna, tatsoi, and mustard greens to the mixing bowl and toss with the warm vinaigrette.
- ☐ Serve immediately.
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Nutrition Facts



Properties

Glycemic Index:57.67, Glycemic Load:9.05, Inflammation Score:-10, Nutrition Score:27.449130690616%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 4.16mg, Isorhamnetin: 4.16mg, Isorhamnetin: 4.16mg, Isorhamnetin: 4.16mg Kaempferol: 11.26mg, Kaempferol: 11.26mg, Kaempferol: 11.26mg, Kaempferol: 11.26mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 453.16kcal (22.66%), Fat: 30.52g (46.96%), Saturated Fat: 6.37g (39.8%), Carbohydrates: 39.88g (13.29%), Net Carbohydrates: 33.5g (12.18%), Sugar: 14.9g (16.56%), Cholesterol: 24.95mg (8.32%), Sodium: 341.91mg (14.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.08g (18.17%), Vitamin A: 16459.17IU (329.18%), Vitamin K: 200.52µg (190.97%), Vitamin C: 60.89mg (73.8%), Vitamin E: 5.56mg (37.09%), Manganese: 0.74mg (36.83%), Vitamin B6: 0.59mg (29.41%), Potassium: 1001.7mg (28.62%), Folate: 109.31µg (27.33%), Fiber: 6.39g (25.54%), Magnesium: 93.25mg (23.31%), Vitamin B1: 0.32mg (21.63%), Vitamin B3: 3.71mg (18.54%), Iron: 3.04mg (16.91%), Phosphorus: 162.75mg (16.27%), Selenium: 11µg (15.72%), Copper: 0.3mg (15.11%), Calcium: 142.93mg (14.29%), Vitamin B5: 1mg (9.96%), Vitamin B2: 0.16mg (9.19%), Zinc: 1.14mg (7.62%), Vitamin B12: 0.19µg (3.15%), Vitamin D: 0.15µg (1.01%)