



 **70%**
HEALTH SCORE

Wine Steeped Greens

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup cooking wine dry red
- 1 clove garlic
- 1.3 pounds kale cleaned trimmed chopped
- 2 teaspoons lemon zest
- 2 tablespoons olive oil extra-virgin
- 4 servings salt and pepper

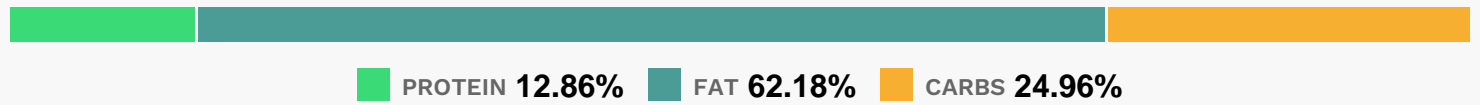
Equipment

- frying pan

Directions

- Heat a deep skillet over medium heat.
- Add extra-virgin olive oil, 2 turns of the pan, and garlic. Cook garlic a couple of minutes while you chop kale then remove the clove. Crank heat up a notch then add greens to wilt them down, 2 to 3 minutes of turning is involved here.
- Add wine, salt, and pepper and reduce heat to simmer. Steep the greens in wine 10 minutes, stir in zest then serve.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.21, Inflammation Score:-10, Nutrition Score:24.326521754265%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 33.46mg, Isorhamnetin: 33.46mg, Isorhamnetin: 33.46mg, Isorhamnetin: 33.46mg Kaempferol: 66.35mg, Kaempferol: 66.35mg, Kaempferol: 66.35mg, Kaempferol: 66.35mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 32.37mg, Quercetin: 32.37mg, Quercetin: 32.37mg, Quercetin: 32.37mg

Nutrients (% of daily need)

Calories: 162.88kcal (8.14%), Fat: 9.12g (14.03%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 2.3g (0.84%), Sugar: 1.18g (1.31%), Cholesterol: 0mg (0%), Sodium: 269.24mg (11.71%), Alcohol: 6.3g (100%), Alcohol %: 3.78% (100%), Protein: 4.24g (8.49%), Vitamin K: 557.04µg (530.52%), Vitamin A: 14161.15IU (283.22%), Vitamin C: 133.92mg (162.32%), Manganese: 0.95mg (47.36%), Calcium: 362.93mg (36.29%), Vitamin B2: 0.49mg (29.03%), Fiber: 5.93g (23.73%), Folate: 88.04µg (22.01%), Potassium: 498mg (14.23%), Vitamin E: 1.95mg (12.98%), Iron: 2.33mg (12.94%), Magnesium: 47.12mg (11.78%), Vitamin B6: 0.22mg (10.97%), Vitamin B1: 0.16mg (10.82%), Vitamin B3: 1.68mg (8.41%), Phosphorus: 79.23mg (7.92%), Copper: 0.08mg (3.92%), Zinc: 0.56mg (3.76%), Selenium: 1.39µg (1.99%), Vitamin B5: 0.14mg (1.37%)