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Dandelion Greens with Hot Olive-Oil Dressing [♦]

Dandelion Greens with Hot Olive-Oil Dressing is a delicious vegetarian recipe that showcases the unique flavor of dandelion greens. The dish is commonly consumed as a side dish or salad and is known for its slightly bitter taste. The hot olive-oil dressing adds a rich and savory flavor to the greens, making it a perfect accompaniment to any meal.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 5 mins

Total Time: 20 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Dandelion Greens
4 tbsp	olive oil
2 cloves	garlic

1 tsp	red pepper flakes
1 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

Preparation

Wash the dandelion greens thoroughly and remove any tough stems.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat the olive oil in a large skillet over medium heat. Add the garlic and red pepper flakes and cook until fragrant, about 1 minute.

Prep Time: 2 mins

Cook Time: 1 mins

Step 3

Sautéing

Add the dandelion greens to the skillet and cook until wilted, about 3-4 minutes. Season with salt and black pepper to taste.

Prep Time: 0 mins

Cook Time: 3 mins

Step 4

Remove from heat and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 10 g

Protein: 2 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	3 g	7.89%	12%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	7 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	5000 iu	555.56%	714.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	100 mg	10%	10%
Iron	2 mg	25%	11.11%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Spring

Summer

Cuisines

Chinese

Vietnamese

Course

Salads

Sauces & Dressings

Diet

Mediterranean Diet

Volumetrics Diet

Paleo Diet

Ornish Diet

Vegetarian Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Cabbage Soup Diet

The Subway Diet

The SlimFast Diet

The Low-Copper Diet

The Eczema Diet

The Gallbladder Diet

Meal Type

Lunch

Dinner

Difficulty Level

Medium

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