

Dandelion Greens With Garlic

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/dandelion-greens-recipe-indian>

Ingredients:

- 1 pound dandelion greens
- 1/2 cup onion finely chopped
- 1 clove garlic minced
- 1 whole hot chile pepper small dried, seeds removed, crushed
- 1/4 cup vegetable oil
- salt
- black pepper
- Parmesan cheese Garnish:, optional

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 5 milligrams
4. Fat: 16 grams
5. Fiber: 6 grams
6. Protein: 5 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 340 milligrams
9. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Dandelion Greens With Garlic above. You can see more 18 dandelion greens recipe indian Unlock flavor sensations! to get more great cooking ideas.