

Sautéed Dandelion Greens with Eggs

Yield: 3 min
Total Time: 45 min

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

Ingredients:

- 4 cups dandelion greens chopped, thick stems removed, about 1-2 large bunches
- 2 tablespoons unsalted butter clarified butter, or ghee
- 1 leek large, white and light green parts only, finely chopped
- 4 large eggs
- 1/4 cup crumbled feta cheese

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 315 milligrams
4. Fat: 18 grams
5. Fiber: 4 grams
6. Protein: 13 grams
7. SaturatedFat: 9 grams
8. Sodium: 300 milligrams
9. Sugar: 3 grams

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