

# Mustard Greens

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/pickled-sour-mustard-chinese-recipe>

## Ingredients:

- 1/2 cup onions thinly sliced
- 2 cloves garlic minced
- 1 tablespoon olive oil
- 1 pound mustard greens washed and torn into large pieces
- 3 tablespoons chicken broth or vegetable broth, vegetarian option
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon dark sesame oil

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 8 grams
3. Fat: 4 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 180 milligrams
8. Sugar: 3 grams

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