

## A Mess of Greens

 Gluten Free

READY IN



150 min.

SERVINGS



10

CALORIES



224 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter
- 3 lb collard greens fresh washed trimmed cut into thin strips
- 1 Tbsp garlic clove minced
- 3 tablespoons olive oil
- 10 servings hot sauce
- 12 oz pork hock smoked
- 1 small onion diced sweet

### Equipment

dutch oven

## Directions

- Melt butter with oil in a large Dutch oven over medium-high heat.
- Add onion, and saut 5 minutes or until lightly browned.
- Add garlic; saut 1 minute.
- Add ham hock, and gently stir.
- Add half of collards and 2 cups water. Cover and cook over medium-high heat, stirring occasionally, 10 minutes.
- Add remaining collards and 8 cups water; bring to a boil. Cover, reduce heat to low, and simmer 2 hours. Stir in jalapeo peppers, if desired.
- Add table salt and black pepper to taste, and serve with pepper sauce.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.08, Inflammation Score:-10, Nutrition Score:22.551739291652%

## Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 12.27mg, Kaempferol: 12.27mg, Kaempferol: 12.27mg, Kaempferol: 12.27mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg

## Nutrients (% of daily need)

Calories: 224.13kcal (11.21%), Fat: 15.16g (23.32%), Saturated Fat: 4.99g (31.16%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 4.38g (1.59%), Sugar: 2.3g (2.55%), Cholesterol: 43.1mg (14.37%), Sodium: 131.7mg (5.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.94g (27.88%), Vitamin K: 597.5µg (569.05%), Vitamin A: 6900.28IU (138.01%), Vitamin C: 49.95mg (60.54%), Manganese: 0.93mg (46.7%), Folate: 183.27µg (45.82%), Calcium: 331.29mg (33.13%), Vitamin E: 3.75mg (25.02%), Fiber: 5.76g (23.03%), Vitamin B6: 0.28mg (13.89%), Potassium: 458.15mg (13.09%), Vitamin B2: 0.19mg (10.91%), Magnesium: 39.98mg (10%), Iron: 1.31mg (7.31%), Vitamin B1: 0.09mg (5.92%), Vitamin B3: 1.06mg (5.3%), Phosphorus: 44.86mg (4.49%), Copper: 0.08mg (4.18%), Vitamin B5: 0.4mg (4.04%), Selenium: 2.08µg (2.97%), Zinc: 0.34mg (2.27%)