




 **52%**
HEALTH SCORE

Braised Beans with Collard Greens and Ham


 **Gluten Free**  **Dairy Free**

READY IN




600 min.

SERVINGS



8

CALORIES



661 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 2 bay leaves
- 14.5 oz canned tomatoes diced canned
- 4 cups collard greens fresh chopped
- 1 pound .5 can cannellini beans dried
- 5 flat-leaf parsley sprigs fresh
- 2 garlic cloves chopped
- 9 cups chicken broth divided reduced-sodium
- 1 tablespoon olive oil

- 2 lb ham hocks smoked
- 8 servings kitchen string
- 6 thyme sprigs fresh
- 1 medium size onion diced yellow

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Rinse and sort beans according to package directions.
- Place beans in a large bowl; add water to 2 inches above beans. Cover and chill 8 to 12 hours.
- Drain beans, and place in a large saucepan.
- Add onion and 8 cups broth. Tie together thyme, parsley, bay leaves, and, if desired, sage and basil with string; add to bean mixture.
- Add ham hocks and, if desired, rind. Bring to a boil over medium-high heat. Reduce heat to low, and simmer, uncovered and stirring occasionally, 1 hour or until beans are tender but hold their shape. Skim off foam with a spoon.
- Remove hocks, and cool 5 minutes.
- Remove meat from bones; discard bones. Return meat to bean mixture.
- Add collards, and cook, stirring occasionally, 15 to 20 minutes or until collards are tender.
- Saut garlic in hot oil in a large skillet over medium-low heat 2 minutes or until light golden.
- Add tomatoes, and saut 5 minutes. Stir tomato mixture and remaining 1 cup broth into beans, and cook, stirring often, 5 minutes or until liquid is reduced by half. Discard herb bundle and cheese rind; season beans with salt and pepper to taste.
- Serve immediately.

Nutrition Facts



■ PROTEIN 31.45% ■ FAT 40.75% ■ CARBS 27.8%

Properties

Glycemic Index:22.5, Glycemic Load:1.48, Inflammation Score:-9, Nutrition Score:29.618695590807%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 661.01kcal (33.05%), Fat: 30.17g (46.42%), Saturated Fat: 10.53g (65.8%), Carbohydrates: 46.31g (15.44%), Net Carbohydrates: 34.71g (12.62%), Sugar: 5.2g (5.78%), Cholesterol: 123.6mg (41.2%), Sodium: 458.84mg (19.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.4g (104.8%), Vitamin K: 116.86µg (111.29%), Folate: 265.33µg (66.33%), Manganese: 1.3mg (65.09%), Potassium: 1847.9mg (52.8%), Iron: 9.47mg (52.64%), Fiber: 11.6g (46.4%), Copper: 0.75mg (37.62%), Magnesium: 132.1mg (33.02%), Vitamin A: 1578.63IU (31.57%), Phosphorus: 282.03mg (28.2%), Calcium: 255.55mg (25.55%), Vitamin B3: 4.49mg (22.45%), Vitamin C: 17.28mg (20.95%), Vitamin B1: 0.31mg (20.75%), Vitamin B6: 0.34mg (17.18%), Zinc: 2.57mg (17.13%), Vitamin B2: 0.25mg (14.81%), Selenium: 8µg (11.43%), Vitamin E: 1.01mg (6.74%), Vitamin B5: 0.61mg (6.14%), Vitamin B12: 0.27µg (4.43%)