



HEALTH SCORE

100%

Callaloo



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**6**

CALORIES

**91 kcal**

SIDE DISH

Ingredients



4 cups collard greens chopped



6 servings cornmeal



1 teaspoon thyme dried



2 tablespoons parsley fresh chopped



1 garlic clove minced



4 cups kale chopped



10 ounce okra frozen thawed



1.5 cups onion finely chopped

- ☐ 1 tablespoon pepper sauce hot
- ☐ 0.5 teaspoon salt
- ☐ 4 cups pkt spinach chopped
- ☐ 5 cups water
- ☐ 0.3 cup white vinegar white
- ☐ 0.5 pound boned smoked lean cut into 1/2-inch pieces

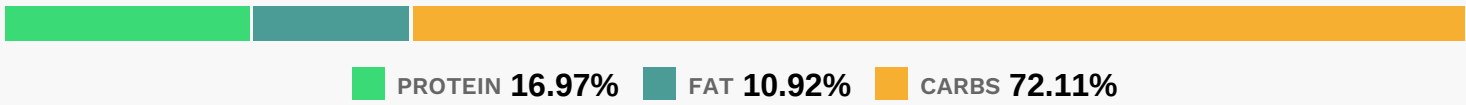
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Combine first 4 ingredients in a large Dutch oven, and bring to a boil. Reduce heat, and simmer, uncovered, 30 minutes.
- ☐ Add spinach and next 8 ingredients (spinach through okra), and simmer 15 minutes or until vegetables are tender. Spoon Cornmeal Fungi evenly into 6 bowls, and top with pork mixture.

Nutrition Facts



Properties

Glycemic Index:50.58, Glycemic Load:5.98, Inflammation Score:0, Nutrition Score:21.43782614625%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 5.31mg, Isorhamnetin: 5.31mg, Isorhamnetin: 5.31mg, Isorhamnetin: 5.31mg Kaempferol: 10.21mg, Kaempferol: 10.21mg, Kaempferol: 10.21mg, Kaempferol: 10.21mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 22.61mg, Quercetin: 22.61mg, Quercetin: 22.61mg

Nutrients (% of daily need)

Calories: 91.01kcal (4.55%), Fat: 1.18g (1.82%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 17.59g (5.86%), Net Carbohydrates: 12.36g (4.5%), Sugar: 2.91g (3.23%), Cholesterol: 0mg (0%), Sodium: 294.66mg (12.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.28%), Vitamin K: 295.83µg (281.75%), Vitamin A: 4939.87IU

(98.8%), Vitamin C: 44.63mg (54.1%), Manganese: 0.95mg (47.43%), Folate: 120.42µg (30.1%), Fiber: 5.23g (20.91%), Magnesium: 71.88mg (17.97%), Calcium: 172.32mg (17.23%), Vitamin B6: 0.32mg (15.97%), Potassium: 457.44mg (13.07%), Vitamin B1: 0.19mg (12.74%), Iron: 1.87mg (10.37%), Vitamin B2: 0.17mg (10.02%), Phosphorus: 88.96mg (8.9%), Copper: 0.17mg (8.68%), Vitamin E: 1.24mg (8.26%), Vitamin B3: 1.29mg (6.44%), Zinc: 0.92mg (6.11%), Vitamin B5: 0.32mg (3.25%), Selenium: 1.9µg (2.72%)