



HEALTH SCORE

100%

Chipotle and Tamarind-Braised Collard Greens



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 6 pounds collard greens cut into 1-inch ribbons (28 cups)
- ☐ 3 large chipotle sauce dried stemmed seeded
- ☐ 4 large garlic cloves thinly sliced
- ☐ 6 cups chicken broth low-sodium
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 12 servings salt and pepper freshly ground
- ☐ 1 medium onion sweet thinly sliced
- ☐ 3 tablespoons tamarind concentrate or fresh

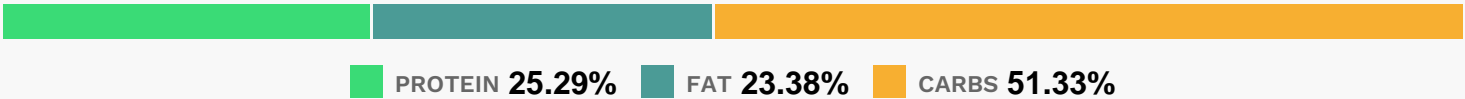
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Using kitchen shears, cut the chiles into very thin strips. In a stockpot, heat the olive oil until shimmering.
- ☐ Add the onion, garlic and chiles and cook over high heat until the garlic is just beginning to brown, about 7 minutes.
- ☐ Add the stock and bring to a boil.
- ☐ Add the collard greens by large handfuls and stir to wilt each batch before adding more. Season with salt and pepper and bring to a simmer. Cover and cook over moderately low heat until the collards are tender, about 40 minutes.
- ☐ Transfer 1/2 cup of the cooking liquid to a small bowl and stir in the tamarind concentrate, then stir this mixture into the collards. Season with salt and pepper.
- ☐ Transfer the collards and their liquid to a large bowl and serve.
- ☐ Make Ahead: The greens can be refrigerated overnight.

Nutrition Facts



Properties

Glycemic Index:7.92, Glycemic Load:1.59, Inflammation Score:-10, Nutrition Score:31.810869558998%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 20.14mg, Kaempferol: 20.14mg, Kaempferol: 20.14mg, Kaempferol: 20.14mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 9.85mg, Quercetin: 9.85mg, Quercetin: 9.85mg, Quercetin: 9.85mg

Nutrients (% of daily need)

Calories: 133kcal (6.65%), Fat: 4.02g (6.18%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 19.85g (6.62%), Net Carbohydrates: 9.8g (3.56%), Sugar: 4.87g (5.41%), Cholesterol: 0mg (0%), Sodium: 272.78mg (11.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.78g (19.56%), Vitamin K: 992.39µg (945.14%), Vitamin A: 11384.47IU (227.69%), Vitamin C: 81.83mg (99.19%), Manganese: 1.53mg (76.53%), Folate: 299.5µg (74.88%), Calcium: 541.31mg (54.13%), Fiber: 10.05g (40.18%), Vitamin E: 5.4mg (35.97%), Vitamin B6: 0.44mg (21.85%), Vitamin B2: 0.34mg (20.17%), Potassium: 646.57mg (18.47%), Magnesium: 68.83mg (17.21%), Vitamin B3: 3.42mg (17.1%), Phosphorus: 105.6mg (10.56%), Vitamin B1: 0.15mg (10.19%), Copper: 0.19mg (9.33%), Iron: 1.53mg (8.48%), Vitamin B5: 0.64mg (6.44%), Selenium: 3.28µg (4.69%), Zinc: 0.65mg (4.31%), Vitamin B12: 0.12µg (1.97%)