



Cider-Braised Collards with Ham



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



414 kcal

SIDE DISH

Ingredients

- ☐ 750 ml sparkling apple cider
- ☐ 2 bay leaves
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1.5 tablespoons chile powder pure
- ☐ 6 pounds collard greens
- ☐ 3 large garlic cloves minced
- ☐ 2 pound meaty ham hocks
- ☐ 1 tablespoon brown sugar light

- ☐ 3 cups chicken stock see low-sodium
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 medium onions finely chopped
- ☐ 12 servings salt and pepper freshly ground

Equipment

- ☐ bowl
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ In a large pot, heat the oil until shimmering.
- ☐ Add the onions and garlic and cook over moderate heat, stirring occasionally, until softened, about 6 minutes.
- ☐ Add the chile powder and cayenne and cook just until fragrant, about 1 minute.
- ☐ Add the brown sugar and cook, stirring, until dissolved, about 1 minute longer.
- ☐ Add the ham hocks, chicken stock, sparkling cider and bay leaves. Season lightly with salt and pepper and bring to a boil. Reduce the heat to low, cover and simmer until the ham hocks are tender, about 2 hours.
- ☐ Remove the ham hocks from the broth and let them cool slightly. Skim the fat from the broth.
- ☐ Remove the meat from the ham hocks and cut it into 1-inch pieces.
- ☐ Bring the broth to a boil.
- ☐ Add the collards in large handfuls, allowing the greens to wilt before adding more. When all of the greens have been added, return the meat to the pot, cover and simmer until the collards are tender, about 30 minutes. Season with salt and pepper and transfer to a large bowl. Discard the bay leaves and serve.
- ☐ Make Ahead: The braised collard greens can be covered with plastic wrap and refrigerated for up to 2 days.

Nutrition Facts



 PROTEIN **27.68%**  FAT **50.29%**  CARBS **22.03%**

Properties

Glycemic Index:10.81, Glycemic Load:3.28, Inflammation Score:-10, Nutrition Score:32.555652245231%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epicatechin: 2.94mg, Epicatechin: 2.94mg, Epicatechin: 2.94mg, Epicatechin: 2.94mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 19.94mg, Kaempferol: 19.94mg, Kaempferol: 19.94mg, Kaempferol: 19.94mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.93mg, Quercetin: 9.93mg, Quercetin: 9.93mg, Quercetin: 9.93mg

Nutrients (% of daily need)

Calories: 413.83kcal (20.69%), Fat: 23.89g (36.75%), Saturated Fat: 7.33g (45.79%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 13.64g (4.96%), Sugar: 8.95g (9.95%), Cholesterol: 82.4mg (27.47%), Sodium: 459.2mg (19.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.58g (59.16%), Vitamin K: 995.02µg (947.64%), Vitamin A: 11716.16IU (234.32%), Vitamin C: 82.29mg (99.74%), Manganese: 1.6mg (79.79%), Folate: 296.48µg (74.12%), Calcium: 558.77mg (55.88%), Vitamin E: 6.19mg (41.27%), Fiber: 9.9g (39.6%), Potassium: 926.69mg (26.48%), Vitamin B6: 0.45mg (22.32%), Vitamin B2: 0.34mg (19.95%), Magnesium: 68.69mg (17.17%), Iron: 2.76mg (15.34%), Vitamin B3: 2.69mg (13.44%), Vitamin B1: 0.15mg (9.88%), Phosphorus: 88.53mg (8.85%), Copper: 0.16mg (8.11%), Vitamin B5: 0.67mg (6.73%), Selenium: 3.43µg (4.9%), Zinc: 0.63mg (4.23%)