



Collard Bread

READY IN



85 min.

SERVINGS



8

CALORIES



256 kcal

SIDE DISH

Ingredients

- 2 cups collard greens frozen thawed drained chopped (from 16-oz bag)
- 0.5 cup bell pepper red chopped
- 0.5 cup spring onion chopped (8 medium)
- 3 eggs
- 0.5 cup milk
- 3 tablespoons flour all-purpose
- 1 teaspoon lawry's seasoned salt
- 4 oz cheddar cheese shredded
- 1 teaspoon pepper red crushed

- 6.5 oz just-add-water cornbread mix
- 0.5 cup bell pepper red chopped
- 0.5 cup spring onion sliced (8 medium)
- 0.5 cup corn whole drained
- 0.3 cup milk
- 2 tablespoons butter melted
- 0.5 teaspoon pepper red crushed
- 1 eggs

Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 350°F. Spray 11x7-inch or 8-inch square baking dish with cooking spray; set aside. In large bowl, place collard greens; stir in bell pepper and green onions; set aside.
- In medium bowl, stir together eggs, milk, flour and seasoned salt. Stir into collard green mixture. Stir in cheese and 1 teaspoon crushed red pepper.
- Spread mixture in baking dish.
- Bake 11x7-inch uncovered about 25 minutes, 8-inch square uncovered about 30 minutes or until slightly set. Meanwhile, in large bowl, stir together Topping ingredients just until moistened; spread evenly over mixture in baking dish.
- Bake 11x7-inch 35 to 40 minutes longer, 8-inch square 40 to 45 minutes longer or until deep golden brown. For an appetizer, cool completely; cut into 1-inch squares. For a main dish, cool 5 minutes, cut into 8 squares; serve warm on lettuce with sliced tomatoes.

Nutrition Facts

 **PROTEIN 15.18%**  **FAT 47.85%**  **CARBS 36.97%**

Properties

Glycemic Index:38.25, Glycemic Load:2.52, Inflammation Score:-8, Nutrition Score:15.123478609583%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 255.95kcal (12.8%), Fat: 13.7g (21.08%), Saturated Fat: 5.23g (32.71%), Carbohydrates: 23.81g (7.94%), Net Carbohydrates: 21.03g (7.65%), Sugar: 7.19g (7.98%), Cholesterol: 99.53mg (33.18%), Sodium: 671.24mg (29.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.78g (19.57%), Vitamin K: 68.16µg (64.91%), Vitamin C: 29.56mg (35.83%), Vitamin A: 1724.36IU (34.49%), Phosphorus: 267.32mg (26.73%), Selenium: 13.78µg (19.69%), Calcium: 191.19mg (19.12%), Vitamin B2: 0.32mg (18.73%), Folate: 70.92µg (17.73%), Vitamin B1: 0.17mg (11.47%), Fiber: 2.78g (11.12%), Manganese: 0.21mg (10.64%), Vitamin B6: 0.18mg (8.91%), Vitamin B12: 0.51µg (8.46%), Iron: 1.51mg (8.39%), Zinc: 1.22mg (8.11%), Vitamin E: 1.21mg (8.04%), Vitamin B5: 0.71mg (7.12%), Vitamin B3: 1.42mg (7.09%), Potassium: 221.12mg (6.32%), Magnesium: 24.53mg (6.13%), Vitamin D: 0.8µg (5.36%), Copper: 0.07mg (3.45%)