



Collard Green and Radish Slaw with Crispy Shallots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



214 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 10 ounces collard greens thinly sliced
- ☐ 4 servings kosher salt
- ☐ 6 small radishes trimmed sliced
- ☐ 2 small shallots sliced into rings
- ☐ 6 tablespoons vegetable oil
- ☐ 2 tablespoons citrus champagne vinegar

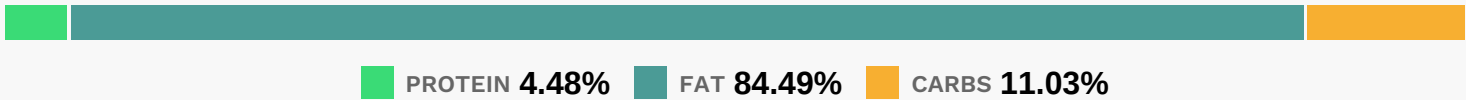
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Cook shallots and oil in a small saucepan over medium-high heat, stirring occasionally, until shallots are golden, 8–10 minutes. Using a slotted spoon, transfer shallots to a paper towel-lined plate; season with salt.
- ☐ Transfer oil to a small bowl and let cool.
- ☐ Combine collard greens, radishes, and vinegar in a large bowl; season with salt and pepper.
- ☐ Drizzle with shallot oil and toss to coat. Top with crispy shallots.
- ☐ DO AHEAD: Crispy shallots can be made 2 hours ahead. Store shallots and oil separately at room temperature.
- ☐ Per serving: 220 calories, 21 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 23.5, Glycemic Load: 0.54, Inflammation Score: -10, Nutrition Score: 15.220434650131%

Flavonoids

Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Luteolin: 0.06mg Kaempferol: 6.22mg, Kaempferol: 6.22mg, Kaempferol: 6.22mg, Kaempferol: 6.22mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 214.17kcal (10.71%), Fat: 20.85g (32.08%), Saturated Fat: 3.15g (19.72%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 2.82g (1.03%), Sugar: 1.37g (1.52%), Cholesterol: 0mg (0%), Sodium: 209.13mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.97%), Vitamin K: 347.54µg (330.99%), Vitamin A: 3558.41IU

(71.17%), Vitamin C: 26.5mg (32.12%), Manganese: 0.52mg (26.08%), Folate: 96.44µg (24.11%), Vitamin E: 3.28mg (21.84%), Calcium: 170.82mg (17.08%), Fiber: 3.31g (13.23%), Vitamin B6: 0.16mg (8.12%), Potassium: 204mg (5.83%), Vitamin B2: 0.1mg (5.65%), Magnesium: 22.54mg (5.63%), Vitamin B1: 0.05mg (3.08%), Iron: 0.54mg (3.01%), Vitamin B3: 0.56mg (2.8%), Phosphorus: 26.58mg (2.66%), Copper: 0.05mg (2.37%), Vitamin B5: 0.23mg (2.32%), Selenium: 1.09µg (1.56%), Zinc: 0.21mg (1.41%)