



Collard Green Pistou



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



20 kcal

SIDE DISH

Ingredients

- ☐ 2 cups collard greens fresh packed chopped
- ☐ 0.7 cup olive oil extra virgin
- ☐ 2 garlic clove
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon zest
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.8 teaspoon salt

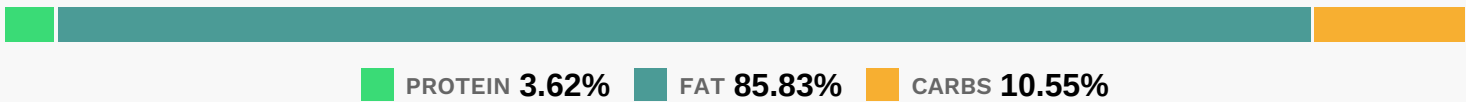
Equipment

☐ food processor

Directions

- ☐ Cook collard greens in boiling salted water to cover 4 to 6 minutes or until tender; drain. Plunge into ice water to stop the cooking process; drain well. Process garlic in a food processor until finely ground.
- ☐ Add greens, olive oil, and red pepper; process 2 to 3 seconds or until finely chopped. Stir in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:4.13, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:1.8126087004076%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 19.63kcal (0.98%), Fat: 1.96g (3.02%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 0.54g (0.18%), Net Carbohydrates: 0.29g (0.11%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 117.78mg (5.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.37%), Vitamin K: 22.23µg (21.17%), Vitamin A: 251.21IU (5.02%), Vitamin C: 2.55mg (3.09%), Vitamin E: 0.4mg (2.67%), Manganese: 0.04mg (2.18%), Folate: 6.45µg (1.61%), Calcium: 12.63mg (1.26%), Fiber: 0.25g (1.01%)