



Collard Greens

 Gluten Free

READY IN



140 min.

SERVINGS



6

CALORIES



134 kcal

SIDE DISH

Ingredients

- 0.3 cup pepper black
- 1 tablespoon butter
- 1 large bunch collard greens
- 0.3 cup garlic powder
- 0.5 pound goat meat smoked (ham hocks, turkey wings, or neck bones)
- 1 tablespoon pepper sauce red hot
- 1 cup salt
- 1 tablespoon lawry's seasoned salt

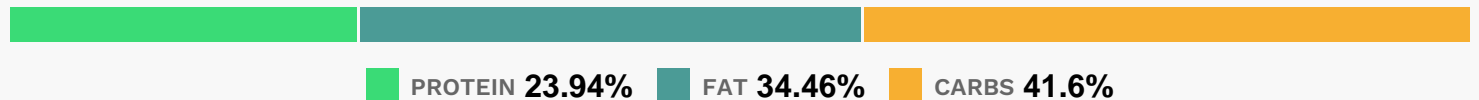
Equipment

pot

Directions

- In a large pot, bring 3 quarts of water to a boil and add smoked meat, house seasoning, seasoned salt and hot sauce. Reduce heat to medium and cook for 1 hour.
- Wash the collard greens thoroughly.
- Remove the stems that run down the center by holding the leaf in your left hand and stripping the leaf down with your right hand. The tender young leaves in the heart of the collards don't need to be stripped. Stack 6 to 8 leaves on top of one another, roll up, and slice into 1/2 to 1-inch thick slices.
- Place greens in pot with meat and add butter. Cook for 45 to 60 minutes, stirring occasionally. When done taste and adjust seasoning.
- Serve with favorite dish as a side.
- Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:1.53, Inflammation Score:-8, Nutrition Score:17.364782416302%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 134.37kcal (6.72%), Fat: 5.61g (8.63%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 15.23g (5.08%), Net Carbohydrates: 10.57g (3.85%), Sugar: 0.48g (0.53%), Cholesterol: 22.74mg (7.58%), Sodium: 20124.43mg (874.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.53%), Vitamin K: 154.78µg (147.41%), Manganese: 1.62mg (80.95%), Vitamin A: 1707.88IU (34.16%), Fiber: 4.65g (18.62%), Vitamin B6: 0.35mg (17.56%), Vitamin C: 12.92mg (15.66%), Calcium: 141.6mg (14.16%), Selenium: 9µg (12.86%), Folate: 49.13µg (12.28%), Iron: 2.16mg (12.02%), Copper: 0.23mg (11.69%), Potassium: 384.66mg (10.99%), Phosphorus: 106.89mg (10.69%),

Magnesium: 38.99mg (9.75%), Vitamin B3: 1.55mg (7.77%), Vitamin E: 0.94mg (6.27%), Zinc: 0.92mg (6.16%),
Vitamin B2: 0.1mg (6.07%), Vitamin B1: 0.08mg (5.61%), Vitamin B5: 0.44mg (4.41%), Vitamin B12: 0.1µg (1.71%)