



Collard Greens



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 2 lbs collard greens chopped
- ☐ 2 Tbsp onion chopped
- ☐ 1 large garlic clove minced
- ☐ 2 teaspoons bacon fat
- ☐ 1 Tbsp olive oil extra virgin
- ☐ 2 Tbsp sesame oil dark (Dynasty or comparable)
- ☐ 1 pinch chili pepper flakes
- ☐ 1 pinches salt

☐ 1 pinches sugar

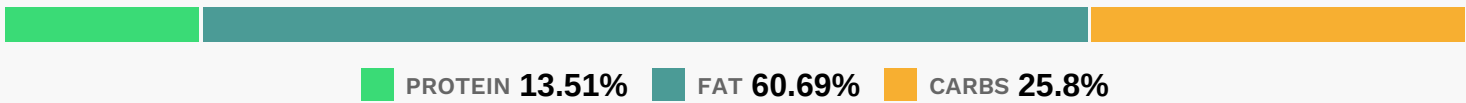
Equipment

☐ frying pan

Directions

- ☐ Cook onions and garlic: Use a large skillet with a tight fitting cover. Melt bacon fat and heat olive oil on medium heat.
- ☐ Sauté onion until transparent, a couple of minutes.
- ☐ Add garlic and and cook until fragrant, about 30 seconds.
- ☐ Mix in the greens, sesame oil, chili pepper flakes, salt, and sugar. Cover and cook until tender, 8–15 minutes. (Note that young collard greens will cook up relatively quickly. Older greens may take upwards of 45 minutes to tenderize.)
- ☐ If you want, serve with barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:43.02, Glycemic Load:0.36, Inflammation Score:-10, Nutrition Score:30.01869566933%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 19.86mg, Kaempferol: 19.86mg, Kaempferol: 19.86mg, Kaempferol: 19.86mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg

Nutrients (% of daily need)

Calories: 187.51kcal (9.38%), Fat: 13.88g (21.36%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 13.28g (4.43%), Net Carbohydrates: 4.1g (1.49%), Sugar: 1.53g (1.7%), Cholesterol: 1.9mg (0.63%), Sodium: 138.87mg (6.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.91%), Vitamin K: 994.23µg (946.88%), Vitamin A: 11385.45IU (227.71%), Vitamin C: 81.02mg (98.21%), Manganese: 1.51mg (75.6%), Folate: 293.6µg (73.4%), Calcium: 528.81mg (52.88%), Vitamin E: 5.74mg (38.29%), Fiber: 9.18g (36.71%), Vitamin B6: 0.39mg (19.54%), Vitamin B2: 0.3mg (17.49%), Magnesium: 61.98mg (15.5%), Potassium: 494.25mg (14.12%), Vitamin B3: 1.7mg (8.48%), Vitamin B1: 0.13mg (8.43%), Iron: 1.11mg (6.18%), Vitamin B5: 0.62mg (6.17%), Phosphorus: 59.4mg (5.94%), Copper: 0.11mg

(5.45%), Selenium: 3.08µg (4.4%), Zinc: 0.5mg (3.31%)