



Collard Greens



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



149 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds collard greens cleaned
- ☐ 0.5 pound ham hock
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1 quart water

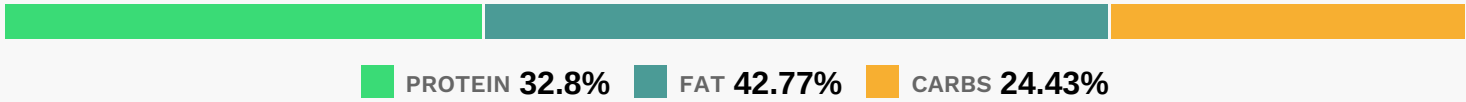
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Place collards in a large bowl; add water to cover, and set aside for 1 hour.
- ☐ Drain well
- ☐ Wash ham hock; place in a large Dutch oven.
- ☐ Add remaining ingredients; bring to a boil.
- ☐ Add collard greens, stirring well. Reduce heat; cover and simmer 2 hours or until greens are tender.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:0.35, Inflammation Score:-10, Nutrition Score:24.68565213162%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 14.87mg, Kaempferol: 14.87mg, Kaempferol: 14.87mg, Kaempferol: 14.87mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 149.34kcal (7.47%), Fat: 7.56g (11.63%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 9.72g (3.24%), Net Carbohydrates: 2.91g (1.06%), Sugar: 1.28g (1.42%), Cholesterol: 30.9mg (10.3%), Sodium: 396.39mg (17.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.05g (26.09%), Vitamin K: 743.32µg (707.93%), Vitamin A: 8537.18IU (170.74%), Vitamin C: 60.04mg (72.78%), Manganese: 1.12mg (56%), Folate: 219.43µg (54.86%), Calcium: 404.03mg (40.4%), Fiber: 6.8g (27.22%), Vitamin E: 3.84mg (25.63%), Vitamin B6: 0.28mg (14.03%), Potassium: 466.42mg (13.33%), Vitamin B2: 0.22mg (13.01%), Magnesium: 47.12mg (11.78%), Iron: 1.26mg (7.01%), Vitamin B3: 1.26mg (6.31%), Vitamin B1: 0.09mg (6.12%), Copper: 0.1mg (4.87%), Vitamin B5: 0.45mg (4.54%), Phosphorus: 42.52mg (4.25%), Selenium: 2.21µg (3.16%), Zinc: 0.37mg (2.47%)