



WHATSheATE



Collard Greens with Lima Beans and Smoked Turkey



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.5 pound collard greens sliced
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1.5 cups baby lima beans dried
- ☐ 0.5 teaspoon thyme leaves dried

- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion red vertically sliced
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 6 ounces turkey breast smoked diced

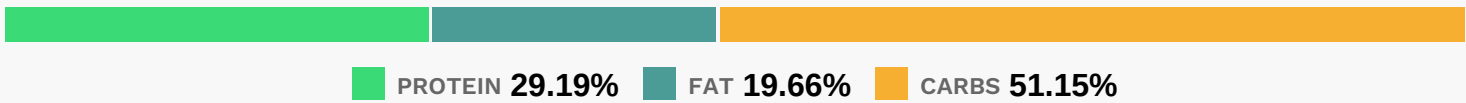
Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Sort and wash beans; place in a Dutch oven. Cover with water to 2 inches above beans; bring to a boil, and cook 20 minutes.
- ☐ Remove from heat; drain beans.
- ☐ Preheat oven to 37
- ☐ Heat oil in pan over medium-low heat.
- ☐ Add onion; saut 10 minutes.
- ☐ Add beans, broth, and the next 5 ingredients (beans through bay leaf); bring to a boil. Cover and bake at 375 for 1 hour and 15 minutes. Stir in collards, vinegar, and tomatoes. Cover and bake an additional 1 hour or until beans are tender, stirring occasionally. Stir in salt and pepper. Discard bay leaf.
- ☐ Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:2.27, Inflammation Score:-9, Nutrition Score:20.692173756983%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg Kaempferol: 3.13mg, Kaempferol: 3.13mg, Kaempferol: 3.13mg, Kaempferol: 3.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg

Nutrients (% of daily need)

Calories: 145.82kcal (7.29%), Fat: 3.37g (5.19%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 19.75g (6.58%), Net Carbohydrates: 14.34g (5.21%), Sugar: 5.49g (6.1%), Cholesterol: 13.12mg (4.37%), Sodium: 621.15mg (27.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.27g (22.55%), Vitamin K: 149.95µg (142.81%), Manganese: 0.96mg (47.94%), Vitamin A: 1873.91IU (37.48%), Vitamin C: 30.82mg (37.35%), Vitamin B6: 0.5mg (25.25%), Vitamin B3: 4.63mg (23.13%), Fiber: 5.41g (21.64%), Folate: 75.8µg (18.95%), Potassium: 607.81mg (17.37%), Phosphorus: 169.86mg (16.99%), Copper: 0.32mg (15.78%), Iron: 2.81mg (15.58%), Magnesium: 58.12mg (14.53%), Selenium: 9.64µg (13.77%), Calcium: 132.33mg (13.23%), Vitamin E: 1.95mg (13.01%), Vitamin B1: 0.19mg (12.97%), Vitamin B2: 0.19mg (11.05%), Vitamin B5: 0.73mg (7.27%), Zinc: 1mg (6.68%), Vitamin B12: 0.35µg (5.79%)