



Collard Greens with Pimiento Cheese

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



335 kcal

SIDE DISH

Ingredients

- 3 ounces andouille sausage cooked
- 0.8 teaspoon pepper black as needed freshly ground plus more
- 3 pounds collard greens washed
- 4 ounces cream cheese at room temperature
- 2 medium garlic clove finely chopped
- 0.8 teaspoon hot sauce such as tabasco
- 1 teaspoon kosher salt as needed plus more
- 4 ounce pimientos diced drained

- 1.5 cups sharp cheddar cheese shredded
- 1 tablespoon vegetable oil
- 0.8 cup water
- 1 medium onion yellow

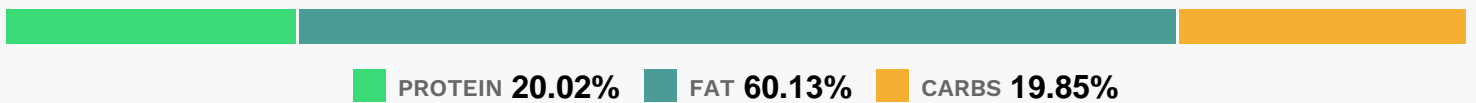
Equipment

- pot
- dutch oven

Directions

- Heat the oil in a large Dutch oven or heavy-bottomed pot over medium heat until shimmering.
- Add the sausage and cook, stirring occasionally, until browned, about 3 minutes.
- Add the onion, garlic, and measured salt and pepper and cook, stirring occasionally, until the onion is softened and beginning to brown, about 8 minutes. Increase the heat to high, add the water, and bring to a boil. Stir in the greens a handful at a time, adding more as they wilt, until they're all in the pot. Cover with a tightfitting lid, reduce the heat to low, and simmer, stirring occasionally, until the greens are tender but not mushy, about 25 minutes. Uncover the pot, add the remaining ingredients, and stir to combine. Cook, stirring occasionally, until the cheeses are melted and combined and the mixture is heated through, about 4 minutes. Taste and season with salt and pepper as needed.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:1.3, Inflammation Score:-10, Nutrition Score:36.019565198732%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 19.94mg, Kaempferol: 19.94mg, Kaempferol: 19.94mg, Kaempferol: 19.94mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg

Nutrients (% of daily need)

Calories: 334.89kcal (16.74%), Fat: 23.72g (36.49%), Saturated Fat: 10.99g (68.67%), Carbohydrates: 17.62g (5.87%), Net Carbohydrates: 7.71g (2.8%), Sugar: 3.42g (3.8%), Cholesterol: 59.53mg (19.84%), Sodium: 804.48mg (34.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.77g (35.53%), Vitamin K: 998.78µg (951.22%), Vitamin A: 12430.02IU (248.6%), Vitamin C: 101.76mg (123.34%), Manganese: 1.59mg (79.44%), Folate: 305.25µg (76.31%), Calcium: 755.13mg (75.51%), Vitamin E: 5.98mg (39.86%), Fiber: 9.9g (39.62%), Vitamin B2: 0.51mg (29.91%), Vitamin B6: 0.52mg (25.88%), Phosphorus: 238.69mg (23.87%), Selenium: 15.79µg (22.55%), Magnesium: 77mg (19.25%), Potassium: 649.63mg (18.56%), Vitamin B3: 2.76mg (13.78%), Zinc: 2.05mg (13.66%), Vitamin B1: 0.19mg (12.41%), Iron: 1.78mg (9.87%), Vitamin B5: 0.97mg (9.67%), Vitamin B12: 0.48µg (8%), Copper: 0.16mg (7.85%), Vitamin D: 0.37µg (2.45%)