



HEALTH SCORE

93%

Collard Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce black-eyed peas drained canned
- ☐ 3 cups chicken broth
- ☐ 16 ounce collard greens frozen chopped
- ☐ 2 cups ham cooked chopped
- ☐ 1 teaspoon seasoned pepper
- ☐ 16 ounce seasoning blend frozen
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon vegetable oil

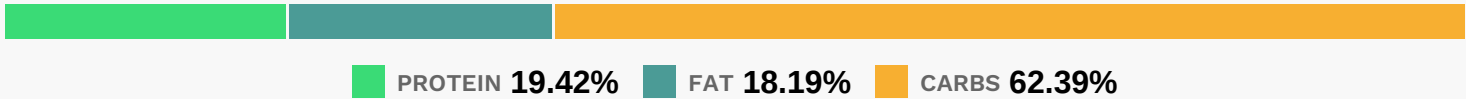
Equipment

☐ dutch oven

Directions

- ☐ Saute chopped ham in hot oil in a Dutch oven over medium-high heat 5 minutes or until lightly browned.
- ☐ Add chicken broth and remaining ingredients; bring greens mixture to a boil. Cover, reduce heat to low, and simmer, stirring occasionally, 25 minutes.
- ☐ NOTE: For testing purposes only, we used McKenzie's Seasoning Blend.

Nutrition Facts



Properties

Glycemic Index:18.51, Glycemic Load:4.44, Inflammation Score:-10, Nutrition Score:47.271304317143%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 4.96mg, Kaempferol: 4.96mg, Kaempferol: 4.96mg, Kaempferol: 4.96mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 299.13kcal (14.96%), Fat: 7.12g (10.95%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 54.97g (18.32%), Net Carbohydrates: 24.85g (9.04%), Sugar: 5.33g (5.92%), Cholesterol: 22.39mg (7.46%), Sodium: 679.37mg (29.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.11g (34.22%), Vitamin K: 604.77µg (575.97%), Manganese: 3.56mg (177.87%), Iron: 22.88mg (127.12%), Fiber: 30.11g (120.45%), Calcium: 1056.97mg (105.7%), Folate: 326.34µg (81.59%), Vitamin E: 11.97mg (79.8%), Vitamin A: 3821.81IU (76.44%), Magnesium: 205.69mg (51.42%), Vitamin B6: 0.82mg (40.76%), Vitamin C: 28.13mg (34.09%), Potassium: 1091.38mg (31.18%), Vitamin B2: 0.52mg (30.83%), Copper: 0.59mg (29.29%), Vitamin B1: 0.41mg (27.6%), Phosphorus: 272.95mg (27.29%), Vitamin B3: 4.53mg (22.66%), Zinc: 3.07mg (20.47%), Selenium: 10.67µg (15.24%), Vitamin B5: 1.16mg (11.65%), Vitamin B12: 0.42µg (6.93%)