



Collards and Kimchi

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons apple cider vinegar
- ☐ 1.5 teaspoons add carrot and onion to bacon fat . cook
- ☐ 1 tablespoon butter
- ☐ 1.5 pounds collard greens fresh trimmed coarsely chopped
- ☐ 1 cup large-diced country ham
- ☐ 2.5 cups chicken broth reduced-sodium
- ☐ 14 oz mild kimchi drained chopped
- ☐ 1 cup onion chopped

☐ 2 teaspoons soya sauce

Equipment

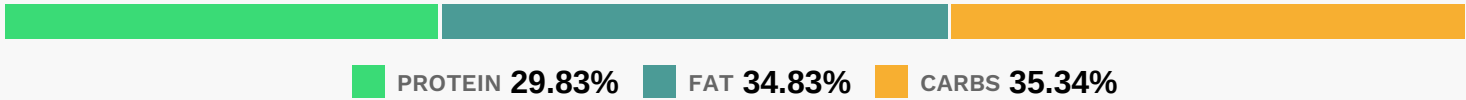
☐ bowl

☐ dutch oven

Directions

- ☐ Melt butter with lard in a Dutch oven over medium-high heat until butter begins to foam.
- ☐ Add onion; saut 3 to 5 minutes or until onion just begins to brown.
- ☐ Add ham, and saut 3 minutes.
- ☐ Stir in collards and next 2 ingredients. Cover and cook over medium heat, stirring occasionally, to desired degree of doneness (about 10 to 30 minutes, depending on your color and tenderness preference. Collards should be a vibrant green and tender but still have a little chew to them at 10 minutes).
- ☐ Add vinegar, and cook, stirring constantly, 1 minute.
- ☐ Transfer mixture to a large bowl, and toss with kimchi.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.43, Inflammation Score:-10, Nutrition Score:19.02608697829%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 7.56mg, Kaempferol: 7.56mg, Kaempferol: 7.56mg, Kaempferol: 7.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 90.49kcal (4.52%), Fat: 3.91g (6.01%), Saturated Fat: 1.41g (8.83%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 4.37g (1.59%), Sugar: 2.15g (2.39%), Cholesterol: 12.11mg (4.04%), Sodium: 566.52mg (24.63%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.05%), Vitamin K: 393.5µg (374.76%), Vitamin A: 4358.86IU (87.18%), Vitamin C: 31.5mg (38.18%), Folate: 139.63µg (34.91%), Manganese: 0.6mg (30%), Calcium: 222.15mg (22.22%), Fiber: 4.55g (18.19%), Vitamin B2: 0.25mg (14.42%), Vitamin B6: 0.28mg (14.02%), Vitamin E: 2.03mg (13.51%), Vitamin B3: 2.27mg (11.35%), Iron: 1.97mg (10.95%), Potassium: 354.35mg (10.12%), Magnesium: 33.42mg (8.36%), Phosphorus: 63.69mg (6.37%), Copper: 0.1mg (4.93%), Vitamin B1: 0.06mg (4.07%), Zinc: 0.41mg (2.7%), Vitamin B5: 0.26mg (2.59%), Selenium: 1.49µg (2.12%), Vitamin B12: 0.08µg (1.28%)