



HEALTH SCORE

100%

Collards with Apples



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



110 kcal

SIDE DISH

Ingredients



1 cooking apple diced



2 pounds collard greens fresh cut into 1-inch pieces



0.5 cup cooking wine dry white



2 garlic cloves minced



3 green onions chopped



1 tablespoon olive oil



0.3 teaspoon pepper



0.5 teaspoon salt

- ☐ 1 teaspoon greek seasoning
- ☐ 1 teaspoon sugar

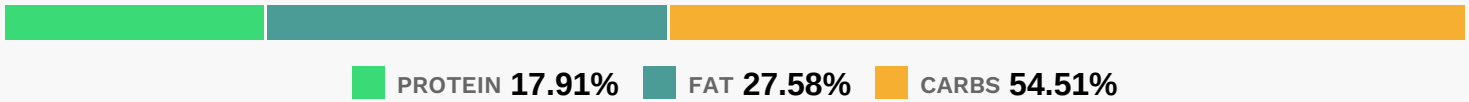
Equipment

- ☐ dutch oven

Directions

- ☐ Cook collard greens in boiling water to cover in a Dutch oven 30 minutes; drain.
- ☐ Saute garlic and green onions in hot oil in Dutch oven over medium-high heat until tender; add collards and remaining ingredients. Bring to a boil; cover, reduce heat, and simmer, stirring occasionally, 15 minutes or until apple is tender.

Nutrition Facts



Properties

Glycemic Index:36.02, Glycemic Load:1.86, Inflammation Score:-10, Nutrition Score:24.258260861687%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 109.55kcal (5.48%), Fat: 3.36g (5.17%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 14.96g (4.99%), Net Carbohydrates: 7.63g (2.78%), Sugar: 4.89g (5.43%), Cholesterol: 0mg (0%), Sodium: 222.2mg (9.66%), Alcohol: 2.06g (100%), Alcohol %: 1.23% (100%), Protein: 4.91g (9.83%), Vitamin K: 680.57µg (648.16%), Vitamin A: 7679.32IU (153.59%), Vitamin C: 56.23mg (68.15%), Manganese: 1.11mg (55.37%), Folate: 201.99µg (50.5%), Calcium: 374.17mg (37.42%), Fiber: 7.32g (29.29%), Vitamin E: 3.99mg (26.62%), Vitamin B6: 0.3mg (14.84%), Vitamin B2: 0.22mg

(12.82%), Magnesium: 48.16mg (12.04%), Potassium: 400.81mg (11.45%), Iron: 1.23mg (6.85%), Vitamin B1: 0.09mg (6.31%), Vitamin B3: 1.25mg (6.24%), Phosphorus: 49.83mg (4.98%), Copper: 0.09mg (4.65%), Vitamin B5: 0.45mg (4.5%), Selenium: 2.21µg (3.16%), Zinc: 0.41mg (2.75%)