



HEALTH SCORE

77%

Collards with Smoked Pork



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



420 kcal

SIDE DISH

Ingredients



3 pounds collards



3 garlic cloves chopped



32 ounce one-third-less sodium chicken broth canned



1 cup onion chopped



0.3 teaspoon pepper



0.3 teaspoon salt



1.3 pounds ham hocks smoked



4 cups water

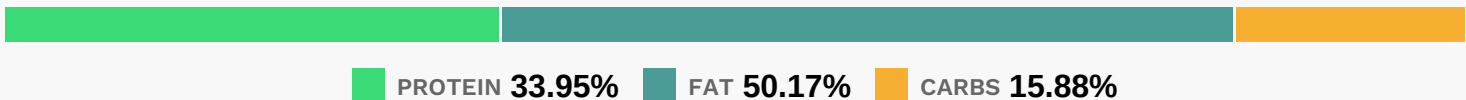
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Remove stems from collards. Wash leaves thoroughly; pat dry, and chop coarsely to equal 10 cups.
- ☐ Combine water and next 6 ingredients (water through ham hocks) in an 8-quart Dutch oven or stockpot; bring to a boil.
- ☐ Add collards; cover, reduce heat, and simmer 1 hour or until collards are tender, stirring occasionally.
- ☐ Remove from heat.
- ☐ Remove ham hocks from pan; let cool.
- ☐ Remove ham from bones, and finely chop; discard bones, skin, and fat.
- ☐ Add chopped ham to collard mixture; stir well. Cook over medium heat until thoroughly heated.
- ☐ Serve with hot pepper sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.7, Inflammation Score:-10, Nutrition Score:32.843478119892%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 20mg, Kaempferol: 20mg, Kaempferol: 20mg, Kaempferol: 20mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.27mg, Quercetin: 11.27mg, Quercetin: 11.27mg, Quercetin: 11.27mg

Nutrients (% of daily need)

Calories: 419.83kcal (20.99%), Fat: 24.06g (37.02%), Saturated Fat: 8.44g (52.76%), Carbohydrates: 17.15g (5.72%), Net Carbohydrates: 7.57g (2.75%), Sugar: 2.39g (2.65%), Cholesterol: 103mg (34.33%), Sodium: 426.28mg (18.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.64g (73.27%), Vitamin K: 991.37µg (944.16%), Vitamin A: 11384.03IU (227.68%), Vitamin C: 82.5mg (100%), Manganese: 1.56mg (78.13%), Folate: 297.69µg (74.42%), Calcium: 565.12mg (56.51%), Fiber: 9.58g (38.31%), Vitamin E: 5.13mg (34.22%), Potassium: 1005.99mg (28.74%), Vitamin B6: 0.44mg (22.01%), Vitamin B2: 0.35mg (20.54%), Vitamin B3: 3.8mg (18.98%), Magnesium: 67.51mg (16.88%), Iron: 3mg (16.69%), Phosphorus: 112.22mg (11.22%), Copper: 0.22mg (11.14%), Vitamin B1: 0.14mg (9.19%), Vitamin B5: 0.65mg (6.48%), Selenium: 3.3µg (4.71%), Zinc: 0.71mg (4.71%), Vitamin B12: 0.15µg (2.52%)