



## Collards with Toasted Coconut

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



201 kcal

SIDE DISH

### Ingredients

- 0.3 cup almonds raw
- 1 teaspoon apple cider vinegar ()
- 1 cup basil fresh
- 2 tablespoons coconut oil
- 3 bunches collard greens cut into 1" strips ( 16 cups)
- 1 teaspoon fish sauce
- 2 garlic clove finely chopped
- 4 servings kosher salt

- 1 teaspoon soy sauce reduced-sodium
- 4 servings pepper red crushed
- 0.3 cup coconut flakes unsweetened flaked

## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Preheat oven to 350°F.
- Spread out coconut on a small rimmed baking sheet and toast, tossing occasionally, until golden, about 5 minutes; transfer to a plate.
- Spread out almonds on same baking sheet and toast, tossing occasionally, until golden brown, 8–10 minutes.
- Let cool, then coarsely chop.
- Heat oil in a large skillet over medium-high heat.
- Add garlic; cook, stirring, until fragrant, about 30 seconds.
- Add collard greens a handful at a time, tossing until wilted between additions. Cook, tossing occasionally, until just tender, about 5 minutes longer.
- Add basil, vinegar, fish sauce, and soy sauce; season with salt, red pepper flakes, and more vinegar, if desired.
- Serve topped with coconut and almonds.
- Per serving: 200 calories, 16 g fat, 7 g fiber
- Bon Appétit

## Nutrition Facts

 PROTEIN 13.02%  FAT 64.26%  CARBS 22.72%

## Properties

Glycemic Index:43, Glycemic Load:0.28, Inflammation Score:-10, Nutrition Score:27.449565436205%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 12.49mg, Kaempferol: 12.49mg, Kaempferol: 12.49mg, Kaempferol: 12.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 201.48kcal (10.07%), Fat: 16.03g (24.66%), Saturated Fat: 9.29g (58.04%), Carbohydrates: 12.75g (4.25%), Net Carbohydrates: 4.24g (1.54%), Sugar: 1.68g (1.86%), Cholesterol: 0mg (0%), Sodium: 416.18mg (18.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.31g (14.61%), Vitamin K: 649.82µg (618.88%), Vitamin A: 8061.98IU (161.24%), Manganese: 1.43mg (71.4%), Vitamin C: 51.95mg (62.97%), Folate: 194.24µg (48.56%), Vitamin E: 6.36mg (42.38%), Calcium: 377.26mg (37.73%), Fiber: 8.52g (34.06%), Magnesium: 78.14mg (19.53%), Vitamin B2: 0.32mg (18.9%), Vitamin B6: 0.34mg (17.05%), Potassium: 470.27mg (13.44%), Copper: 0.25mg (12.45%), Phosphorus: 103.49mg (10.35%), Iron: 1.78mg (9.86%), Vitamin B3: 1.76mg (8.79%), Vitamin B1: 0.11mg (7.28%), Selenium: 3.99µg (5.69%), Zinc: 0.85mg (5.68%), Vitamin B5: 0.51mg (5.1%)