



WHATSheATE



## Creamed Collard Greens



Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



270 kcal

SIDE DISH

### Ingredients

- ☐ 10 servings pepper black freshly ground
- ☐ 1.5 pounds collard greens cut into 1/2" strips
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cups cup heavy whipping cream
- ☐ 10 servings kosher salt
- ☐ 2 large shallots finely chopped
- ☐ 1.5 teaspoons paprika sweet
- ☐ 10 servings butter unsalted (if needed)

- ☐ 2 teaspoons vegetable oil
- ☐ 2 cups milk whole

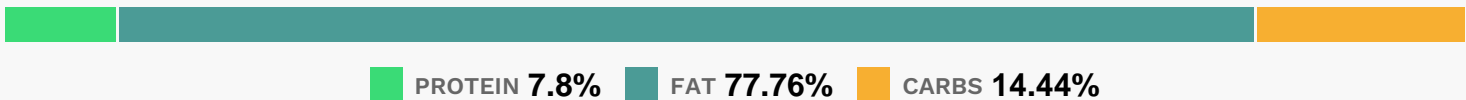
## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

## Directions

- ☐ Blanch greens in a large pot of boiling salted water until bright green and beginning to soften, 3–4 minutes.
- ☐ Transfer to a large bowl of ice water to cool. Squeeze dry.
- ☐ Heat oil in a large heavy pot over medium heat.
- ☐ Add bacon and cook until fat is rendered and bacon is crisp, 5–7 minutes. Using a slotted spoon, transfer bacon to paper towels to drain; set aside.
- ☐ Drain all but 3 tablespoons bacon drippings from pot, adding butter if needed to measure 3 tablespoons
- ☐ Add shallots; cook over medium heat, stirring occasionally, until soft, about 5 minutes.
- ☐ Add flour and paprika; stir constantly for 2 minutes.
- ☐ Whisk in milk and cream; bring to a boil, whisking often. Stir in greens; reduce heat to low. Simmer, stirring often, until greens are tender and sauce thickens, about 30 minutes. Season to taste with salt and pepper.
- ☐ Transfer creamed greens to a serving dish; garnish with reserved bacon.

## Nutrition Facts



## Properties

Glycemic Index:19, Glycemic Load:2.33, Inflammation Score:-10, Nutrition Score:18.139565073926%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 5.95mg, Kaempferol: 5.95mg, Kaempferol: 5.95mg, Kaempferol: 5.95mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 269.59kcal (13.48%), Fat: 24.18g (37.21%), Saturated Fat: 14.61g (91.32%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 7.03g (2.56%), Sugar: 4.48g (4.98%), Cholesterol: 70.39mg (23.46%), Sodium: 238.17mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.92%), Vitamin K: 301.46µg (287.1%), Vitamin A: 4467.11IU (89.34%), Vitamin C: 24.71mg (29.95%), Calcium: 253.93mg (25.39%), Manganese: 0.5mg (24.91%), Folate: 95.81µg (23.95%), Vitamin B2: 0.26mg (15.47%), Vitamin E: 2.28mg (15.21%), Fiber: 3.07g (12.29%), Phosphorus: 101.64mg (10.16%), Vitamin B6: 0.18mg (9.19%), Vitamin D: 1.37µg (9.16%), Potassium: 291.86mg (8.34%), Magnesium: 29.91mg (7.48%), Vitamin B1: 0.1mg (6.37%), Selenium: 4.14µg (5.91%), Vitamin B12: 0.35µg (5.8%), Vitamin B5: 0.52mg (5.24%), Vitamin B3: 0.76mg (3.81%), Zinc: 0.51mg (3.41%), Iron: 0.61mg (3.38%), Copper: 0.05mg (2.45%)