



HEALTH SCORE

74%

Creamed Collard Greens with Ham



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup 3%-less-sodium ham smoked chopped
- ☐ 0.8 cup milk 1% low-fat
- ☐ 1.5 cups onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 pound prewashed chopped

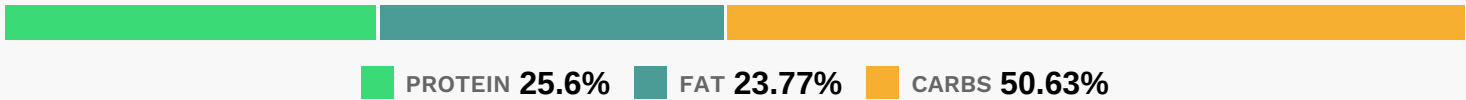
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Place greens, chopped onion, red pepper, and smoked ham in a large stockpot; cover with water to 1 inch above greens. Bring to a boil over medium-high heat. Uncover, reduce heat, and simmer for 1 1/2 hours.
- ☐ Drain greens in a colander over a bowl, reserving 2 cups cooking liquid.
- ☐ Combine low-fat milk and all-purpose flour in pan, stirring with a whisk until blended. Stir in reserved cooking liquid, salt, and ground black pepper; bring to a boil over medium-high heat. Reduce heat, and simmer 3 minutes or until mixture thickens, stirring constantly.
- ☐ Add greens; simmer 10 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:3.71, Inflammation Score:-10, Nutrition Score:18.464347611303%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 6.87mg, Kaempferol: 6.87mg, Kaempferol: 6.87mg, Kaempferol: 6.87mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.06mg, Quercetin: 10.06mg, Quercetin: 10.06mg, Quercetin: 10.06mg

Nutrients (% of daily need)

Calories: 100.63kcal (5.03%), Fat: 2.8g (4.31%), Saturated Fat: 0.93g (5.84%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 9.54g (3.47%), Sugar: 3.53g (3.92%), Cholesterol: 8.71mg (2.9%), Sodium: 359.72mg (15.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.59%), Vitamin K: 330.8µg (315.04%), Vitamin A:

3878.08IU (77.56%), Vitamin C: 29.65mg (35.94%), Manganese: 0.6mg (29.98%), Folate: 115.63µg (28.91%), Calcium: 224.12mg (22.41%), Fiber: 3.89g (15.58%), Vitamin B1: 0.19mg (12.49%), Vitamin E: 1.8mg (12%), Vitamin B6: 0.24mg (11.95%), Vitamin B2: 0.2mg (11.93%), Phosphorus: 91.86mg (9.19%), Selenium: 6.24µg (8.91%), Potassium: 308.04mg (8.8%), Magnesium: 31.59mg (7.9%), Vitamin B3: 1.48mg (7.4%), Iron: 0.81mg (4.48%), Zinc: 0.67mg (4.44%), Vitamin B5: 0.44mg (4.36%), Vitamin B12: 0.25µg (4.24%), Copper: 0.07mg (3.5%), Vitamin D: 0.41µg (2.71%)