



Creamed Collards

 Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



315 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 1 pound bacon chopped
- ☐ 0.3 cup butter
- ☐ 3 cups chicken broth
- ☐ 4.5 pounds collard greens fresh
- ☐ 10 servings sauce
- ☐ 2 large onion diced
- ☐ 0.5 teaspoon pepper

☐ 1 teaspoon salt

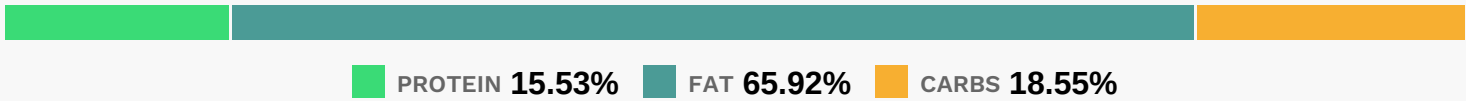
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Rinse collard greens. Trim and discard thick stems from bottom of collard green leaves (about 2 inches); coarsely chop collards.
- ☐ Cook bacon, in batches, in an 8-qt. stock pot over medium heat 10 to 12 minutes or until crisp.
- ☐ Remove bacon with a slotted spoon, and drain on paper towels, reserving drippings in stock pot. Reserve 14 cup bacon.
- ☐ Add butter and onions to hot drippings in skillet. Saut onion 8 minutes or until tender.
- ☐ Add collards, in batches, and cook, stirring occasionally, 5 minutes or until wilted. Stir in chicken broth, next 3 ingredients, and remaining bacon.
- ☐ Bring to a boil. Reduce heat to low, and cook, stirring occasionally, 15 minutes or to desired degree of tenderness.
- ☐ Drain collards, reserving 1 cup liquid.
- ☐ Stir in Bchamel Sauce. Stir in reserved cooking liquid, 1/4 cup at a time, to desired consistency.
- ☐ Transfer to a serving dish, and sprinkle with reserved 1/4 cup bacon.
- ☐ *2 (1-lb.) packages fresh collard greens, thoroughly washed, trimmed, and chopped, may be substituted.

Nutrition Facts



Properties

Glycemic Index:14.9, Glycemic Load:0.68, Inflammation Score:-10, Nutrition Score:31.606956730718%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 18.03mg, Kaempferol: 18.03mg, Kaempferol: 18.03mg, Kaempferol: 18.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.34mg, Quercetin: 11.34mg, Quercetin: 11.34mg, Quercetin: 11.34mg

Nutrients (% of daily need)

Calories: 315.37kcal (15.77%), Fat: 24.03g (36.97%), Saturated Fat: 9.08g (56.77%), Carbohydrates: 15.22g (5.07%), Net Carbohydrates: 6.52g (2.37%), Sugar: 2.8g (3.11%), Cholesterol: 43.55mg (14.52%), Sodium: 879.39mg (38.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.74g (25.47%), Vitamin K: 892.67µg (850.16%), Vitamin A: 10405.77IU (208.12%), Vitamin C: 74.27mg (90.03%), Manganese: 1.46mg (73.12%), Folate: 269.2µg (67.3%), Calcium: 488.32mg (48.83%), Fiber: 8.7g (34.8%), Vitamin E: 4.97mg (33.17%), Vitamin B6: 0.49mg (24.7%), Vitamin B2: 0.35mg (20.82%), Vitamin B3: 3.53mg (17.66%), Vitamin B1: 0.26mg (17.63%), Selenium: 12.28µg (17.54%), Potassium: 592.53mg (16.93%), Magnesium: 65.15mg (16.29%), Phosphorus: 130.34mg (13.03%), Vitamin B5: 0.85mg (8.48%), Iron: 1.29mg (7.19%), Zinc: 1.08mg (7.17%), Copper: 0.14mg (6.88%), Vitamin B12: 0.25µg (4.18%), Vitamin D: 0.18µg (1.21%)