



Curried Collard Greens

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



25 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch collard greens stemmed chopped (12 large leaves)
- ☐ 1 teaspoon curry powder
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 tablespoon olive oil
- ☐ 0.5 medium onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 1 teaspoon butter unsalted
- ☐ 0.8 cup vegetable broth low-sodium
- ☐ 0.5 cup wine

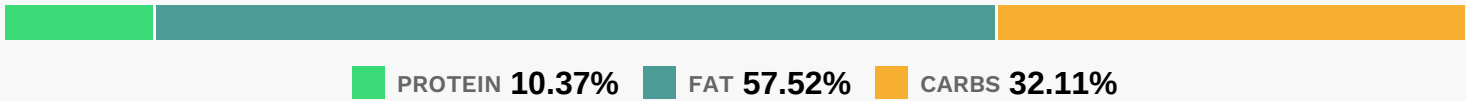
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter with olive oil in a large skillet over medium-high heat.
- ☐ Add onion; cook, stirring often, until slightly softened, about 2 minutes.
- ☐ Add collard greens and cook, stirring occasionally, until greens have wilted, about 5 minutes.
- ☐ Stir in garlic, curry, ginger, salt and pepper and saut for 1 minute. Stir in broth and wine, bring to a boil, cover, reduce heat to low and simmer, stirring occasionally, until greens are tender, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:7.27, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:4.438260861389%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 24.7kcal (1.23%), Fat: 1.31g (2.01%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.35g (0.39%), Cholesterol: 0.72mg (0.24%), Sodium: 80.42mg (3.5%), Alcohol: 0.82g (100%), Alcohol %: 2.72% (100%), Protein: 0.53g (1.06%), Vitamin K: 56.18µg (53.5%), Vitamin A: 645.69IU (12.91%), Manganese: 0.13mg (6.27%), Vitamin C: 4.88mg (5.92%), Folate: 17.35µg (4.34%), Calcium:

32.63mg (3.26%), Vitamin E: 0.46mg (3.06%), Fiber: 0.69g (2.74%), Vitamin B6: 0.04mg (1.81%), Magnesium: 5.16mg (1.29%), Potassium: 42.66mg (1.22%), Vitamin B2: 0.02mg (1.16%)