



Cutting-Edge Collards



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



107 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cider vinegar
- ☐ 3 lb collard greens fresh
- ☐ 2 tablespoons brown sugar dark
- ☐ 1 large onion red finely chopped
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1.5 teaspoons hickory salt smoked
- ☐ 2.5 cups vegetable broth
- ☐ 2 tablespoons vegetable oil

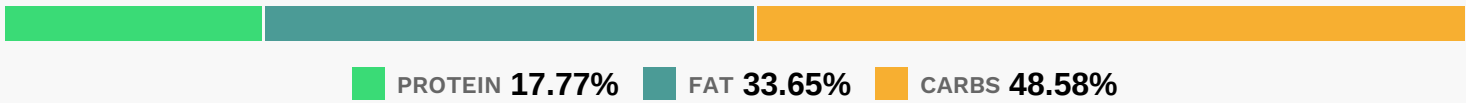
Equipment

☐ dutch oven

Directions

- ☐ Separate collard bunches into leaves. Trim and discard tough stalk from center of leaves; stack leaves, and roll up, starting at 1 long side.
- ☐ Cut roll into 1/8-inch-thick slices. Rinse slices under cold running water.
- ☐ Drain well.
- ☐ Saut onion in hot oil in a Dutch oven over medium-high heat 5 to 7 minutes or until tender.
- ☐ Add broth and next 4 ingredients. Bring to a boil.
- ☐ Gradually add collards to Dutch oven, and cook, stirring occasionally, 6 to 8 minutes or just until wilted. Reduce heat to medium, and cook, stirring occasionally, 20 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.73, Inflammation Score:-10, Nutrition Score:24.929565139439%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 14.96mg, Kaempferol: 14.96mg, Kaempferol: 14.96mg, Kaempferol: 14.96mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 106.98kcal (5.35%), Fat: 4.47g (6.88%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 7.44g (2.7%), Sugar: 4.94g (5.49%), Cholesterol: 0mg (0%), Sodium: 762.51mg (33.15%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Vitamin K: 749.76µg (714.06%), Vitamin A: 8730.94IU (174.62%), Vitamin C: 61.06mg (74.02%), Manganese: 1.16mg (58.04%), Folate: 222.1µg (55.53%), Calcium: 401.48mg (40.15%), Fiber: 7.08g (28.32%), Vitamin E: 4.17mg (27.82%), Vitamin B6: 0.3mg (15.05%), Vitamin B2: 0.23mg (13.29%), Magnesium: 48.14mg (12.04%), Potassium: 394.35mg (11.27%), Vitamin B1: 0.1mg (6.57%), Vitamin B3: 1.3mg (6.48%), Iron: 0.89mg (4.95%), Phosphorus: 47.6mg (4.76%), Vitamin B5: 0.48mg (4.76%), Copper: 0.09mg (4.36%), Selenium: 2.35µg (3.36%), Zinc: 0.39mg (2.61%)