



Easy Creamy Collards

 Vegetarian  Gluten Free

READY IN



22 min.

SERVINGS



6

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 16 oz collard greens frozen thawed chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup milk
- ☐ 0.3 cup onions frozen thawed chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar

☐ 6 oz spreadable swiss cheese

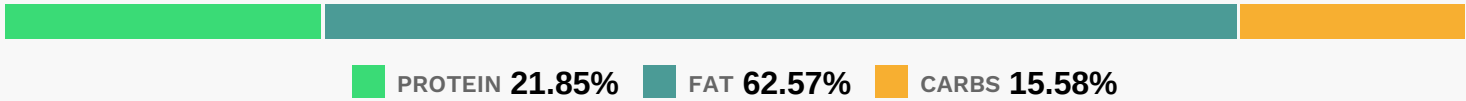
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium heat; add collards, onions, and minced garlic, and cook, stirring often, 8 minutes or until collards are cooked to desired degree of tenderness. Stir in spreadable Swiss cheese and next 4 ingredients until smooth (about 4 minutes).
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Pictsweet All Natural Chopped Collard Greens and The Laughing Cow Original Creamy Swiss Flavor
- ☐ Spreadable Cheese Wedges.

Nutrition Facts



Properties

Glycemic Index:45.68, Glycemic Load:1.61, Inflammation Score:-10, Nutrition Score:19.833478316017%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 6.65mg, Kaempferol: 6.65mg, Kaempferol: 6.65mg, Kaempferol: 6.65mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 190.23kcal (9.51%), Fat: 13.7g (21.08%), Saturated Fat: 7.98g (49.9%), Carbohydrates: 7.68g (2.56%), Net Carbohydrates: 4.49g (1.63%), Sugar: 2.95g (3.28%), Cholesterol: 38.84mg (12.95%), Sodium: 297.22mg (12.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.77g (21.53%), Vitamin K: 331.46µg (315.68%), Vitamin A: 4180.25IU (83.61%), Calcium: 457.14mg (45.71%), Vitamin C: 27.34mg (33.13%), Manganese: 0.54mg (26.92%), Folate: 101.52µg (25.38%), Phosphorus: 206.24mg (20.62%), Vitamin B12: 0.97µg (16.23%), Selenium: 10.07µg (14.39%), Vitamin E: 2mg (13.34%), Fiber: 3.19g (12.76%), Vitamin B2: 0.22mg (12.75%), Zinc: 1.5mg (10.03%), Vitamin B6: 0.17mg (8.59%), Magnesium: 33.38mg (8.35%), Potassium: 226.79mg (6.48%), Vitamin B5: 0.42mg (4.18%), Vitamin B1: 0.06mg (3.99%), Vitamin B3: 0.61mg (3.07%), Copper: 0.05mg (2.74%), Iron: 0.43mg (2.41%), Vitamin D:

0.22μg (1.49%)