



Fish and Collard Greens



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



248 kcal

SIDE DISH

Ingredients

- ☐ 10 large collard greens green
- ☐ 1 cup water
- ☐ 0.3 cup butter
- ☐ 2 medium onion sliced
- ☐ 1 medium bell pepper green sliced
- ☐ 2 tablespoons water
- ☐ 1 teaspoon salt
- ☐ 1 pound fish fillet red (catfish, tilapia, snapper)

- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon pepper

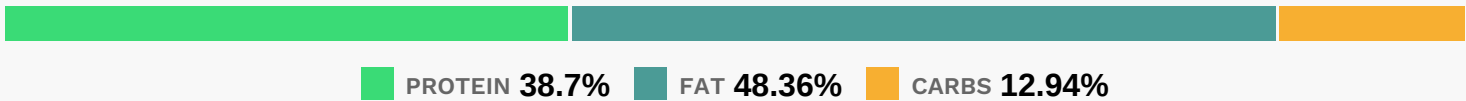
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Wash collard green leaves.
- ☐ Cut off long stem at the base of each leaf; carefully shave the remaining thick stem. Chop leaves. In 2-quart saucepan, heat 1 cup water to boiling.
- ☐ Add chopped collard greens. Boil 15 to 18 minutes or until softened; drain. Pat dry with paper towels.
- ☐ In 4-quart Dutch oven, melt butter over medium-high heat. Cook collard greens, onions, bell pepper, 2 tablespoons water and 1 teaspoon salt in butter 4 to 6 minutes, stirring occasionally, until onion is crisp-tender.
- ☐ Cut fish into 3x3/4-inch strips; add to vegetables.
- ☐ Sprinkle with 1/2 teaspoon salt, the paprika and pepper. Cover and simmer 6 to 8 minutes or until fish flakes easily with fork.
- ☐ Serve in large pasta bowls.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:1.24, Inflammation Score:-9, Nutrition Score:21.927826155787%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.56mg, Kaempferol: 2.56mg, Kaempferol: 2.56mg, Kaempferol: 2.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.47mg, Quercetin: 12.47mg, Quercetin: 12.47mg, Quercetin: 12.47mg

Nutrients (% of daily need)

Calories: 247.84kcal (12.39%), Fat: 13.64g (20.99%), Saturated Fat: 3.09g (19.34%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 5.66g (2.06%), Sugar: 3.19g (3.54%), Cholesterol: 56.7mg (18.9%), Sodium: 1075.68mg (46.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.56g (49.12%), Vitamin K: 113.66µg (108.25%), Selenium: 48.02µg (68.61%), Vitamin C: 36.84mg (44.66%), Vitamin A: 1997.23IU (39.94%), Vitamin B12: 1.81µg (30.1%), Vitamin B3: 4.85mg (24.24%), Vitamin D: 3.52µg (23.44%), Phosphorus: 225.17mg (22.52%), Folate: 73.18µg (18.29%), Vitamin B6: 0.36mg (18.23%), Manganese: 0.34mg (16.79%), Potassium: 541.57mg (15.47%), Magnesium: 47.62mg (11.9%), Vitamin E: 1.65mg (11.02%), Fiber: 2.56g (10.24%), Calcium: 92.89mg (9.29%), Vitamin B2: 0.14mg (7.98%), Copper: 0.15mg (7.62%), Vitamin B5: 0.74mg (7.36%), Vitamin B1: 0.1mg (6.98%), Iron: 1.04mg (5.79%), Zinc: 0.58mg (3.87%)