



WHATSheATE



## Fried Collards and Apples



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



122 kcal

SIDE DISH

### Ingredients

- ☐ 4 teaspoons apple cider vinegar
- ☐ 2 fuji apples cut into matchsticks
- ☐ 0.5 cup chicken broth
- ☐ 2 pounds collard greens fresh
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1 teaspoon salt
- ☐ 0.3 cup vegetable oil

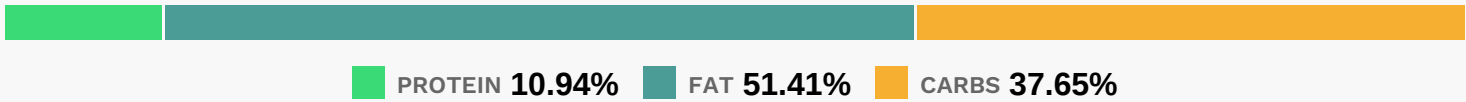
### Equipment

☐ dutch oven

## Directions

- ☐ Separate collard greens into leaves. Trim and discard tough stalk from center of leaves; stack leaves, and roll up, starting at 1 long side.
- ☐ Cut into 1/4-inch-thick slices; rinse under cold running water.
- ☐ Drain well. Stir-fry collard greens in hot vegetable oil in a large Dutch oven over medium-high heat 2 minutes or until greens begin to wilt.
- ☐ Add chicken broth, salt, vinegar, and dried crushed red pepper; stir-fry 3 minutes or until greens are crisp-tender. Gently stir in apples; cook, stirring often, 2 minutes.

## Nutrition Facts



## Properties

Glycemic Index:9, Glycemic Load:1.67, Inflammation Score:-10, Nutrition Score:20.106521821054%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 9.97mg, Kaempferol: 9.97mg, Kaempferol: 9.97mg, Kaempferol: 9.97mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

## Nutrients (% of daily need)

Calories: 121.93kcal (6.1%), Fat: 7.63g (11.74%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 12.58g (4.19%), Net Carbohydrates: 6.9g (2.51%), Sugar: 5.34g (5.93%), Cholesterol: 0.29mg (0.1%), Sodium: 367.08mg (15.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.31%), Vitamin K: 509.21µg (484.96%), Vitamin A: 5753.38IU (115.07%), Vitamin C: 42.12mg (51.06%), Manganese: 0.78mg (38.9%), Folate: 147.68µg (36.92%), Calcium: 267.17mg (26.72%), Fiber: 5.67g (22.69%), Vitamin E: 3.26mg (21.7%), Vitamin B6: 0.21mg (10.42%), Vitamin B2: 0.17mg (9.95%), Potassium: 297.19mg (8.49%), Magnesium: 33.36mg (8.34%), Vitamin B1: 0.07mg (4.82%), Vitamin B3: 0.93mg (4.65%), Iron: 0.63mg (3.49%), Phosphorus: 34.52mg (3.45%), Copper: 0.07mg (3.42%), Vitamin B5: 0.33mg (3.33%), Selenium: 1.56µg (2.23%), Zinc: 0.27mg (1.82%)