



## Gina's Best Collard Greens

 Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



135 min.

SERVINGS



10

CALORIES



246 kcal

SIDE DISH

### Ingredients

- 5 bundles collard greens
- 1 teaspoon pepper flakes red crushed
- 10 servings salt
- 3 large ham hocks smoked
- 1 cup sugar
- 4 cups water salted

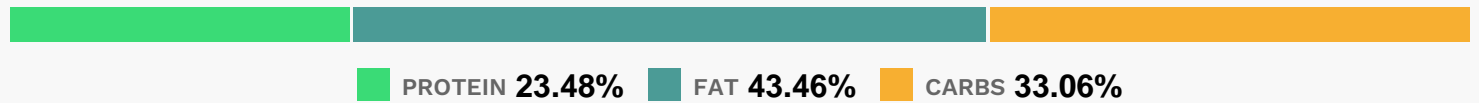
### Equipment

- sauce pan

## Directions

- Thoroughly wash collard greens. Be sure to pull leaves apart and remove any sand. Chop collard greens.
- In a medium saucepan, bring 4 cups of salted water to a simmer.
- Place smoked ham hocks in salted water and cover for about 90 minutes. Cook ham hocks until slightly tender. In the same saucepan, add remaining ingredients and collard greens.
- Cover and cook greens for 1 to 1 1/2 hours.

## Nutrition Facts



## Properties

Glycemic Index:7.01, Glycemic Load:13.96, Inflammation Score:-2, Nutrition Score:2.3017391432887%

## Flavonoids

Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 246.44kcal (12.32%), Fat: 11.85g (18.24%), Saturated Fat: 4.34g (27.14%), Carbohydrates: 20.29g (6.76%), Net Carbohydrates: 20.02g (7.28%), Sugar: 20g (22.22%), Cholesterol: 55.59mg (18.53%), Sodium: 330.35mg (14.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.41g (28.81%), Vitamin K: 22.06µg (21.01%), Vitamin A: 310.25IU (6.2%), Potassium: 202.16mg (5.78%), Iron: 0.9mg (4.98%), Calcium: 25.62mg (2.56%), Vitamin C: 1.77mg (2.14%), Manganese: 0.04mg (1.88%), Folate: 6.51µg (1.63%), Vitamin E: 0.19mg (1.26%), Fiber: 0.27g (1.08%), Copper: 0.02mg (1.05%)