



WHATSheATE



Gina's Collard Greens



Gluten Free



Dairy Free



Low Fod Map

READY IN



200 min.

SERVINGS



12

CALORIES



211 kcal

SIDE DISH

Ingredients

- ☐ 5 bundles collard greens
- ☐ 3 tablespoons pepper flakes red crushed
- ☐ 0.5 cup salt
- ☐ 3 large ham hocks smoked
- ☐ 1 cup sugar
- ☐ 3 cups water salted

Equipment

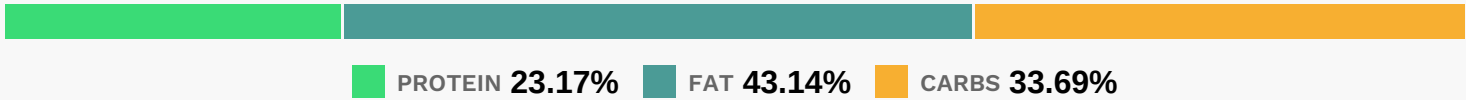
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Thoroughly wash collard greens, be sure to pull leaves apart and remove any sand. In a medium saucepan, bring 3 cups of salted water to a simmer.
- ☐ Place smoked ham hocks in salted water and cover. Cook ham hocks until slightly tender and remove from pan. In the same saucepan, add collard greens and remaining ingredients. Cover and cook greens for 2 1/2 to 3 hours until water reduces, add more water and additional salt and sugar, to taste.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:11.64, Inflammation Score:-5, Nutrition Score:3.3873913754588%

Flavonoids

Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 210.54kcal (10.53%), Fat: 10.14g (15.6%), Saturated Fat: 3.66g (22.9%), Carbohydrates: 17.82g (5.94%), Net Carbohydrates: 16.96g (6.17%), Sugar: 16.8 g (18.66%), Cholesterol: 46.33mg (15.44%), Sodium: 4858.44mg (211.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.25g (24.51%), Vitamin K: 20.32µg (19.35%), Vitamin A: 802.13IU (16.04%), Iron: 1.1mg (6.13%), Potassium: 205.16mg (5.86%), Vitamin E: 0.86mg (5.71%), Manganese: 0.07mg (3.71%), Fiber: 0.86g (3.45%), Calcium: 29.63mg (2.96%), Vitamin B6: 0.05mg (2.44%), Copper: 0.04mg (1.81%), Vitamin C: 1.48mg (1.8%), Vitamin B2: 0.03mg (1.61%), Folate: 5.93µg (1.48%), Vitamin B3: 0.26mg (1.31%), Magnesium: 4.82mg (1.2%)