



Good-for-You Collards

READY IN



55 min.

SERVINGS



6

CALORIES



147 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 tablespoon butter
- ☐ 6 slices canadian bacon chopped
- ☐ 1 tablespoon canola oil
- ☐ 16 oz collard greens fresh washed and trimmed
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 12 oz beer light canned
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

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1 medium size onion sweet chopped

Equipment

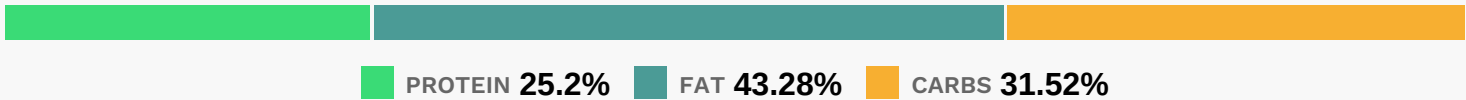
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dutch oven

Directions

- ☐ Saut Canadian bacon and onion in hot oil in a large Dutch oven over medium-high heat 5 minutes or until onion is tender.
- ☐ Add collards, in batches, and cook, stirring occasionally, 5 minutes or until wilted. Stir in beer, and bring to a boil. Reduce heat to low, and cook, stirring occasionally, 25 minutes or to desired degree of tenderness. Stir in lemon juice and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.48, Inflammation Score:-10, Nutrition Score:19.487391223078%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 7.24mg, Kaempferol: 7.24mg, Kaempferol: 7.24mg, Kaempferol: 7.24mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 9.97mg, Quercetin: 9.97mg, Quercetin: 9.97mg, Quercetin: 9.97mg

Nutrients (% of daily need)

Calories: 146.6kcal (7.33%), Fat: 6.73g (10.36%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 7.45g (2.71%), Sugar: 4.09g (4.55%), Cholesterol: 19.27mg (6.42%), Sodium: 681.07mg (29.61%), Alcohol: 1.76g (100%), Alcohol %: 0.96% (100%), Protein: 8.82g (17.65%), Vitamin K: 332.63µg (316.79%), Vitamin A: 3854.37IU (77.09%), Vitamin C: 31.27mg (37.9%), Manganese: 0.58mg (28.96%), Folate: 115.85µg (28.96%), Calcium: 194.25mg (19.42%), Vitamin B1: 0.28mg (18.79%), Vitamin B6: 0.33mg (16.49%), Vitamin E: 2.25mg (15.01%), Fiber: 3.58g (14.31%), Vitamin B3: 2.64mg (13.2%), Selenium: 8.65µg (12.35%), Phosphorus: 112.09mg (11.21%), Potassium: 350.6mg (10.02%), Vitamin B2: 0.17mg (9.92%), Magnesium: 34.34mg (8.58%), Vitamin D: 0.8µg (5.32%), Vitamin B5: 0.43mg (4.33%), Copper: 0.09mg (4.33%), Iron: 0.77mg (4.29%), Zinc: 0.64mg (4.29%),

Vitamin B12: 0.21µg (3.44%)