



Good Luck Greens and Peas with Ham



Gluten Free



Dairy Free

READY IN



435 min.

SERVINGS



8

CALORIES



807 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 16 oz black-eyed peas frozen thawed
- ☐ 1 lb collard greens fresh shredded
- ☐ 2 tablespoons brown sugar dark
- ☐ 2 tablespoons dijon mustard country-style
- ☐ 5 lb semiboneless ham smoked fully cooked
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 onion sweet cut into eighths

☐ 32 oz vegetable broth

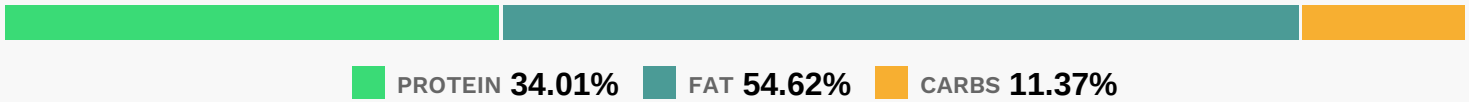
Equipment

☐ slow cooker

Directions

- ☐ Place first 5 ingredients in a 6-qt. slow cooker. Stir together brown sugar and mustard; rub mixture over ham.
- ☐ Place ham in slow cooker. Cover and cook on HIGH 6 to 7 hours or until ham is tender.
- ☐ Uncover and add collard greens. Cover and cook on HIGH 1 hour or until tender. Slice ham, and serve with greens mixture.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:4.01, Inflammation Score:-10, Nutrition Score:43.539999920389%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg

Nutrients (% of daily need)

Calories: 807.15kcal (40.36%), Fat: 48.36g (74.4%), Saturated Fat: 17.07g (106.71%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 16.15g (5.87%), Sugar: 8.17g (9.08%), Cholesterol: 175.77mg (58.59%), Sodium: 3877.39mg (168.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.75g (135.49%), Vitamin K: 248.99µg (237.13%), Vitamin B1: 1.87mg (124.88%), Selenium: 68.05µg (97.21%), Phosphorus: 725.43mg (72.54%), Vitamin B3: 13.43mg (67.17%), Vitamin B6: 1.29mg (64.32%), Vitamin A: 3117.38IU (62.35%), Folate: 209.41µg (52.35%), Zinc: 7.51mg (50.08%), Vitamin B2: 0.74mg (43.69%), Manganese: 0.75mg (37.54%), Potassium: 1154.71mg (32.99%), Vitamin B12: 1.81µg (30.24%), Vitamin C: 22.24mg (26.96%), Magnesium: 105.48mg (26.37%), Fiber: 6.51g (26.04%), Iron: 4.37mg (24.28%), Copper: 0.44mg (22.1%), Calcium: 178.85mg (17.89%), Vitamin B5: 1.74mg (17.36%), Vitamin E: 2.51mg (16.71%), Vitamin D: 1.98µg (13.23%)