



Gumbo Z'Herbes

 Gluten Free  Dairy Free

READY IN



205 min.

SERVINGS



4

CALORIES



1277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 0.1 teaspoon ground pepper
- 43.5 ounces chicken broth reduced-sodium canned
- 4 servings coarse salt
- 4 servings rice white cooked for serving
- 4 servings rice white cooked for serving
- 4 servings rice white cooked for serving
- 0.5 teaspoon thyme dried

- 2 garlic clove minced
- 2 pork hock with several 1/2-inch slits cut into them
- 3 bunches collard greens mixed rinsed chopped (3 pounds total)
- 1 medium onion chopped
- 2 tablespoons vegetable oil

Equipment

Nutrition Facts

PROTEIN 36.12% **FAT 38.12%** **CARBS 25.76%**

Properties

Glycemic Index:104, Glycemic Load:72.45, Inflammation Score:-10, Nutrition Score:46.835217391304%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 12.64mg, Kaempferol: 12.64mg, Kaempferol: 12.64mg, Kaempferol: 12.64mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg

Nutrients (% of daily need)

Calories: 1276.83kcal (63.84%), Fat: 52.91g (81.4%), Saturated Fat: 15.48g (96.74%), Carbohydrates: 80.46g (26.82%), Net Carbohydrates: 73.24g (26.63%), Sugar: 1.96g (2.18%), Cholesterol: 246.8mg (82.27%), Sodium: 1920.34mg (83.49%), Protein: 112.81g (225.63%), Vitamin K: 644.65µg (613.95%), Vitamin A: 7730.76IU (154.62%), Selenium: 76.72µg (109.6%), Manganese: 2.13mg (106.52%), Vitamin C: 52.93mg (64.15%), Phosphorus: 619.97mg (62%), Zinc: 9.24mg (61.62%), Vitamin B6: 1.1mg (54.78%), Vitamin B12: 3.08µg (51.38%), Folate: 202.82µg (50.71%), Vitamin B3: 9.46mg (47.3%), Calcium: 426.29mg (42.63%), Iron: 6.79mg (37.69%), Potassium: 1218.74mg (34.82%), Vitamin E: 4.89mg (32.62%), Magnesium: 129.02mg (32.26%), Vitamin B2: 0.53mg (31.45%), Fiber: 7.22g (28.87%), Copper: 0.4mg (20%), Vitamin B5: 1.35mg (13.48%), Vitamin B1: 0.14mg (9.39%), Vitamin D: 0.31µg (2.06%)