



 **52%**  
HEALTH SCORE

## Hearty Ham-and-Collard Stew

 **Gluten Free**  **Dairy Free**

READY IN



**85 min.**

SERVINGS



**8**

CALORIES



**242 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 48 ounce pinto beans rinsed drained canned
- 29 ounce canned tomatoes diced canned
- 3 rib celery diced
- 1 pound collard greens fresh washed trimmed chopped
- 14 ounce chicken broth fat-free canned
- 8 ounce ham steak diced lean
- 1.5 cups onion diced sweet
- 1 teaspoon vegetable oil

# Equipment

dutch oven

# Directions

- Saut diced onion, diced celery, and diced ham in hot vegetable oil in a large Dutch oven over medium-high heat 8 minutes or until onion is tender.
- Stir in chicken broth, diced tomatoes, and chopped collard greens; bring to a boil. Cover, reduce heat, and simmer, stirring occasionally, 45 minutes.
- Stir in beans, and simmer, stirring occasionally, 10 minutes or until thoroughly heated.

# Nutrition Facts



# Properties

Glycemic Index:14.38, Glycemic Load:10.2, Inflammation Score:-10, Nutrition Score:28.840869592584%

# Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 5.3mg, Kaempferol: 5.3mg, Kaempferol: 5.3mg, Kaempferol: 5.3mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

# Nutrients (% of daily need)

Calories: 241.7kcal (12.09%), Fat: 3.46g (5.33%), Saturated Fat: 0.77g (4.78%), Carbohydrates: 38.73g (12.91%), Net Carbohydrates: 26.41g (9.6%), Sugar: 8.1g (9%), Cholesterol: 12.76mg (4.25%), Sodium: 1166.52mg (50.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.28g (34.56%), Vitamin K: 258.03µg (245.74%), Vitamin A: 3068.66IU (61.37%), Manganese: 1.14mg (57.06%), Vitamin C: 41.27mg (50.02%), Fiber: 12.32g (49.28%), Folate: 135.99µg (34%), Potassium: 1035.04mg (29.57%), Vitamin B1: 0.44mg (29.25%), Phosphorus: 290.91mg (29.09%), Copper: 0.54mg (26.94%), Vitamin B6: 0.52mg (26.23%), Calcium: 255.7mg (25.57%), Iron: 4.53mg (25.19%), Magnesium: 100.62mg (25.15%), Vitamin E: 3.59mg (23.92%), Vitamin B3: 3.89mg (19.45%), Vitamin B2: 0.23mg (13.39%), Zinc: 1.97mg (13.14%), Selenium: 6.99µg (9.99%), Vitamin B5: 0.93mg (9.34%), Vitamin B12: 0.32µg (5.39%)