



HEALTH SCORE

100%

Hot and Spicy Greens



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



6

CALORIES



84 kcal

SIDE DISH

Ingredients



2 tablespoons butter



2 pounds collard greens coarsely chopped



1 teaspoons ginger grated



2 tablespoons onion finely chopped



1 serrano chiles seeded finely chopped

Equipment

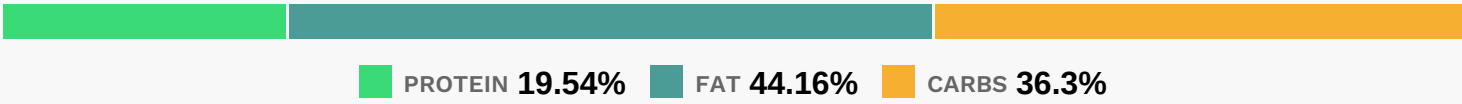


dutch oven

Directions

- ☐
- Melt butter in Dutch oven over medium heat.
- ☐
- Cook remaining ingredients in butter, stirring frequently, until onion and greens are tender; drain.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.08, Inflammation Score:-10, Nutrition Score:22.840869626921%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 13.24mg, Kaempferol: 13.24mg, Kaempferol: 13.24mg, Kaempferol: 13.24mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 83.86kcal (4.19%), Fat: 4.69g (7.21%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 2.53g (0.92%), Sugar: 0.88g (0.98%), Cholesterol: 0mg (0%), Sodium: 69.99mg (3.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Vitamin K: 660.86µg (629.39%), Vitamin A: 7764.96IU (155.3%), Vitamin C: 54.09mg (65.57%), Manganese: 1mg (50.09%), Folate: 195.99µg (49%), Calcium: 353.11mg (35.31%), Fiber: 6.15g (24.59%), Vitamin E: 3.57mg (23.8%), Vitamin B6: 0.26mg (12.97%), Vitamin B2: 0.2mg (11.77%), Magnesium: 41.66mg (10.41%), Potassium: 333.31mg (9.52%), Vitamin B3: 1.14mg (5.72%), Vitamin B1: 0.08mg (5.62%), Vitamin B5: 0.41mg (4.14%), Iron: 0.73mg (4.05%), Phosphorus: 40.35mg (4.04%), Copper: 0.07mg (3.64%), Selenium: 1.99µg (2.84%), Zinc: 0.33mg (2.18%)