



King's Greens

 Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



257 kcal

SIDE DISH

Ingredients

- 1 tablespoon apple cider vinegar
- 2 tablespoons butter
- 4 cups chicken stock see
- 2 bunches collard greens washed cut into ribbons
- 2 cloves garlic chopped
- 1 ham hock
- 6 servings kosher salt and pepper black freshly ground
- 1 cup onion chopped

2 tablespoons vegetable oil

2 cups water

Equipment

pot

Directions

In a stock pot on medium heat, melt the butter and then add the oil, onions, and ham hock. Stir and cook until the onions are translucent and tender.

Add the garlic and cook a bit more, and then add the greens and saute until they become bright green.

Add the stock, water, and vinegar, and then raise the heat to a boil, lower to a simmer, and cook for at least 1 1/2 hours. When ready, the ham hock meat will be easy to remove from the bone. Do so and make sure each serving gets a chunk of ham hock. Season with salt and pepper, to taste, remembering the ham hock and broth will add salt content.

Add a little extra vinegar at the end, if desired.

Nutrition Facts

PROTEIN **21.97%** FAT **59.55%** CARBS **18.48%**

Properties

Glycemic Index:29.83, Glycemic Load:0.67, Inflammation Score:-9, Nutrition Score:16.820869554644%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 5.71mg, Kaempferol: 5.71mg, Kaempferol: 5.71mg, Kaempferol: 5.71mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg

Nutrients (% of daily need)

Calories: 257.27kcal (12.86%), Fat: 17.18g (26.42%), Saturated Fat: 6.06g (37.88%), Carbohydrates: 11.99g (4%), Net Carbohydrates: 8.96g (3.26%), Sugar: 3.97g (4.41%), Cholesterol: 45.72mg (15.24%), Sodium: 345.73mg (15.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.26g (28.51%), Vitamin K: 286.04µg (272.42%), Vitamin A: 3301.29IU (66.03%), Vitamin C: 24.96mg (30.26%), Manganese: 0.49mg (24.34%), Folate: 94.95µg (23.74%), Calcium: 169.45mg (16.94%), Vitamin B3: 3.04mg (15.19%), Vitamin B2: 0.23mg (13.44%), Vitamin E: 1.97mg (13.1%),

Potassium: 454.1mg (12.97%), Vitamin B6: 0.25mg (12.35%), Fiber: 3.03g (12.13%), Copper: 0.14mg (7.15%), Vitamin B1: 0.1mg (6.99%), Phosphorus: 69.77mg (6.98%), Magnesium: 27.59mg (6.9%), Selenium: 4.67µg (6.68%), Iron: 1.18mg (6.57%), Zinc: 0.43mg (2.85%), Vitamin B5: 0.21mg (2.14%)