



HEALTH SCORE

53%

Long-Cooked Collards with Cane Syrup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



91 kcal

SIDE DISH

Ingredients



1 bacon chopped



0.3 cup cider vinegar



2.5 pounds d prewashed torn collard greens



2 tablespoons cane syrup



4 cups less-sodium chicken broth fat-free



2 garlic cloves minced



1.5 teaspoons coarsely ground pepper black



2 cups onion chopped

- ☐ 0.3 teaspoon salt
- ☐ 4 cups water

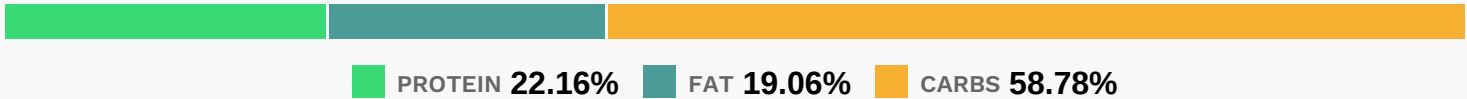
Equipment

- ☐ dutch oven

Directions

- ☐ Cook onion, garlic, and chopped bacon in a large Dutch oven over medium-high heat 6 minutes or until tender.
- ☐ Add 4 cups water and next 5 ingredients (through salt); bring to a boil. Gradually add greens. Cover, reduce heat, and simmer 45 minutes, stirring occasionally. Uncover; cook 1 hour or until very tender.
- ☐ Serve with pepper vinegar, if desired.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:0.97, Inflammation Score:-10, Nutrition Score:24.199130392917%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 12.65mg, Kaempferol: 12.65mg, Kaempferol: 12.65mg, Kaempferol: 12.65mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.78mg, Quercetin: 11.78mg, Quercetin: 11.78mg, Quercetin: 11.78mg

Nutrients (% of daily need)

Calories: 91.4kcal (4.57%), Fat: 2.21g (3.39%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 15.3g (5.1%), Net Carbohydrates: 8.83g (3.21%), Sugar: 5.68g (6.31%), Cholesterol: 1.82mg (0.61%), Sodium: 587.28mg (25.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.53%), Vitamin K: 620.22µg (590.69%), Vitamin A: 7118.25IU (142.36%), Vitamin C: 53.23mg (64.52%), Manganese: 1.08mg (53.81%), Folate: 191.68µg (47.92%), Calcium: 349.87mg (34.99%), Fiber: 6.46g (25.84%), Vitamin E: 3.23mg (21.52%), Vitamin B6: 0.32mg (15.77%), Vitamin B2: 0.22mg (13.1%), Potassium: 414.31mg (11.84%), Magnesium: 46.12mg (11.53%), Vitamin B3: 1.85mg (9.26%), Vitamin B1: 0.11mg (7.49%), Selenium: 5.22µg (7.46%), Phosphorus: 65.82mg (6.58%), Copper: 0.13mg (6.52%), Vitamin B5: 0.59mg (5.89%), Iron: 0.99mg (5.47%), Vitamin B12: 0.24µg (4.01%), Zinc: 0.45mg (2.99%)