

**88%**
HEALTH SCORE

New Southern Greens

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



21 min.

SERVINGS



3

CALORIES



79 kcal

SIDE DISH

Ingredients

- 2 tablespoons cranberries dried
- 3 cloves garlic minced
- 0.5 tablespoon ginger minced
- 10 ounces collard greens stemmed chopped (2 small bunches mustard, turnip, or collard greens)
- 0.5 small onion red thinly sliced
- 1 teaspoon paprika smoked
- 0.5 cup vegetable stock (I used Imagine's No-Chicken broth)
- 1 teaspoon balsamic vinegar white

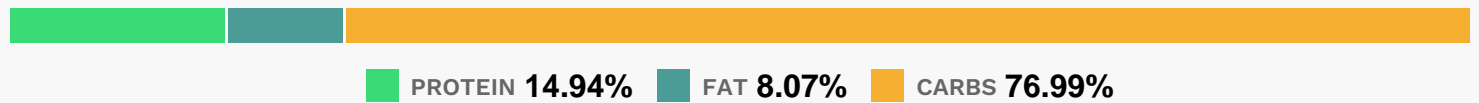
Equipment

- frying pan

Directions

- Heat a large, deep non-stick skillet.
- Add 2 tablespoons of the vegetable broth and the onions. Cook until onions soften, about 3 minutes.
- Add garlic and ginger and another splash of broth, if needed. Cook for another 2 minutes.
- Add 1/4 cup of broth and stir in the paprika.
- Add the greens and stir quickly before covering tightly. Cook until greens wilt but retain their vivid color, stirring and adding more broth as needed to keep them moist. Stir in the vinegar, cranberries, and salt to taste.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:60.67, Glycemic Load:1.07, Inflammation Score:-10, Nutrition Score:18.934347867966%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 8.39mg, Kaempferol: 8.39mg, Kaempferol: 8.39mg, Kaempferol: 8.39mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 79.08kcal (3.95%), Fat: 0.81g (1.25%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 12.52g (4.55%), Sugar: 9.17g (10.19%), Cholesterol: 0mg (0%), Sodium: 175.46mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.77%), Vitamin K: 414.38µg (394.65%), Vitamin A: 5155.3IU (103.11%), Vitamin C: 35.73mg (43.32%), Manganese: 0.74mg (36.88%), Folate: 125.93µg (31.48%), Calcium: 231.95mg (23.19%), Fiber: 4.94g (19.76%), Vitamin E: 2.55mg (16.99%), Vitamin B6: 0.24mg (11.75%), Vitamin B2:

0.14mg (8.38%), Potassium: 266.89mg (7.63%), Magnesium: 30.39mg (7.6%), Vitamin B1: 0.07mg (4.62%), Vitamin B3: 0.87mg (4.37%), Iron: 0.73mg (4.07%), Phosphorus: 37.14mg (3.71%), Copper: 0.07mg (3.69%), Vitamin B5: 0.33mg (3.34%), Selenium: 1.86µg (2.65%), Zinc: 0.31mg (2.06%)