



Old-Fashioned Collard Greens



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



443 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon celery salt
- ☐ 2.8 lb collard greens fresh
- ☐ 1 tablespoon hot sauce (such as Tabasco)
- ☐ 6 servings pepper vinegar hot
- ☐ 1.5 pound ham hocks smoked

Equipment

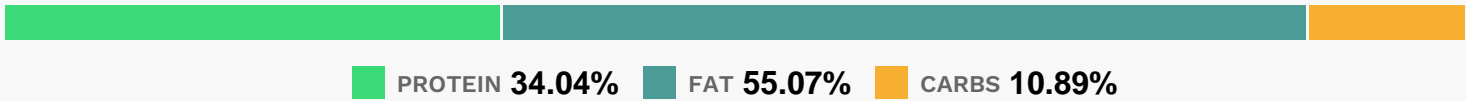
- ☐ bowl
- ☐ slotted spoon

☐ dutch oven

Directions

- ☐ Place first 3 ingredients and 1 qt. water in a large Dutch oven. Bring to a boil; simmer, uncovered, 1 hour.
- ☐ Trim and discard thick stems from bottom of collard green leaves. Tear leaves into 2-inch pieces.
- ☐ Place leaves in a large bowl of water. Swish leaves around to remove any dirt.
- ☐ Remove leaves from bowl, and discard water.
- ☐ Add leaves to Dutch oven; stir. (The pot will be full, but the leaves will cook down.) Cover and simmer, stirring every 30 minutes, for 1 1/2 hours.
- ☐ Remove ham hocks; remove meat from hocks, and chop. Discard any fat. Return meat to Dutch oven.
- ☐ Serve greens with a slotted spoon. Pass with Hot Pepper Vinegar. Reserve and enjoy potlikker.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.33, Inflammation Score:-10, Nutrition Score:29.852608867314%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 18.17mg, Kaempferol: 18.17mg, Kaempferol: 18.17mg, Kaempferol: 18.17mg Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg

Nutrients (% of daily need)

Calories: 442.71kcal (22.14%), Fat: 27.4g (42.16%), Saturated Fat: 9.76g (60.99%), Carbohydrates: 12.19g (4.06%), Net Carbohydrates: 3.71g (1.35%), Sugar: 1.51g (1.68%), Cholesterol: 123.6mg (41.2%), Sodium: 764.58mg (33.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.11g (76.23%), Vitamin K: 909.96µg (866.63%), Vitamin A: 10533.04IU (210.66%), Vitamin C: 89.38mg (108.34%), Manganese: 1.39mg (69.44%), Folate: 270.62µg (67.65%), Calcium: 506.81mg (50.68%), Fiber: 8.47g (33.89%), Vitamin E: 4.77mg (31.8%), Potassium: 894.39mg (25.55%), Vitamin B6: 0.4mg (19.85%), Vitamin B2: 0.28mg (16.51%), Iron: 2.93mg (16.28%), Magnesium: 58.55mg (14.64%), Vitamin B3: 1.67mg (8.36%), Vitamin B1: 0.12mg (8.02%), Vitamin B5: 0.58mg (5.78%), Phosphorus: 56.51mg (5.65%), Copper: 0.11mg (5.47%), Selenium: 2.75µg (3.93%), Zinc: 0.47mg (3.11%)