



WHATSheATE



HEALTH SCORE

57%

Pea Pods and Greens Medley



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



30 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup chicken broth (from 32-oz carton)
- ☐ 3 cups collard greens frozen chopped (from 16-oz bag)
- ☐ 2 teaspoons vinegar white
- ☐ 0.5 teaspoon onion powder
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.3 teaspoon garlic powder
- ☐ 1.5 cups baby carrots quartered
- ☐ 1.5 cups sugar snap peas frozen

☐ 1 serving hot sauce red

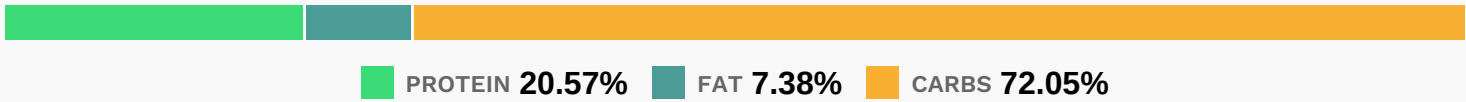
Equipment

☐ sauce pan

Directions

- ☐ In 2-quart saucepan, heat broth to boiling. Stir in collard greens, vinegar, onion powder, seasoned salt and garlic powder. Return to boiling. Reduce heat to medium-low; cover and boil gently 10 minutes.
- ☐ Stir in carrots. Cover; cook 8 minutes. Stir in pea pods; cover and cook 2 to 3 minutes longer or until carrots and pea pods are crisp-tender.
- ☐ Serve with red pepper sauce.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:12.813478349668%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 30.3kcal (1.51%), Fat: 0.26g (0.41%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 3.49g (1.27%), Sugar: 2.73g (3.03%), Cholesterol: 0.59mg (0.2%), Sodium: 332.44mg (14.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Vitamin A: 5583.15IU (111.66%), Vitamin K: 87.8µg (83.62%), Vitamin C: 21.94mg (26.59%), Manganese: 0.24mg (12.24%), Folate: 42.32µg (10.58%), Fiber: 2.32g (9.29%), Calcium: 64.67mg (6.47%), Vitamin B6: 0.11mg (5.29%), Iron: 0.92mg (5.09%), Potassium: 171.7mg (4.91%), Vitamin B2: 0.07mg (4.25%), Vitamin B1: 0.06mg (4.24%), Vitamin B5: 0.36mg (3.65%), Magnesium: 14.54mg (3.64%), Vitamin E: 0.52mg (3.44%), Copper: 0.07mg (3.3%), Phosphorus: 28.74mg (2.87%), Vitamin B3: 0.52mg (2.62%), Zinc: 0.19mg (1.27%), Selenium: 0.87µg (1.25%)