



Perfect Mixed Greens



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 4 cups chicken broth divided
- ☐ 2 bunches collard greens
- ☐ 4 cloves garlic sliced
- ☐ 2 bunches mustard greens
- ☐ 0.5 cup real bacon bits cooked
- ☐ 3 tablespoons salt
- ☐ 12 servings salt and pepper to taste
- ☐ 2 bunches turnip greens

- ☐ 0.5 cup vegetable oil
- ☐ 0.5 cup sugar white

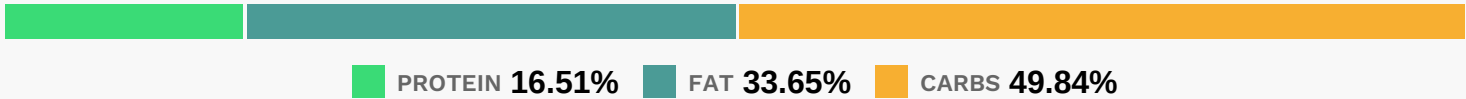
Equipment

- ☐ pot
- ☐ colander

Directions

- ☐ Pull the leaf portions of the collard, mustard, and turnip greens away from the tough stems, and discard the stems. Gently wash the greens in warm water to remove all soil and sand. Partially fill a clean sink with warm water, and stir in 3 tablespoons of salt and 2 cups of chicken broth; allow greens to soak in the mixture for 10 minutes. Scoop up the greens and allow to drain in a colander; discard used chicken broth. Do not rinse the greens.
- ☐ Pour the remaining 2 cups of chicken broth into a large pot, and mix in the greens. Stir in vegetable oil, garlic, bacon bits, and sugar, and season with salt and black pepper. Bring to a boil, reduce heat to a simmer, and cook until the greens are tender, stirring occasionally, 45 minutes to 1 hour.

Nutrition Facts



Properties

Glycemic Index:11.01, Glycemic Load:5.91, Inflammation Score:-8, Nutrition Score:9.353913133559%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 81.37kcal (4.07%), Fat: 3.21g (4.95%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 9.41g (3.42%), Sugar: 8.81g (9.79%), Cholesterol: 8.29mg (2.76%), Sodium: 2375.5mg (103.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Vitamin K: 142.59µg (135.8%), Vitamin A: 1615.36IU (32.31%), Vitamin C: 11.71mg (14.19%), Manganese: 0.27mg (13.36%), Folate: 41.22µg (10.31%), Calcium: 80.2mg

(8.02%), Vitamin E: 0.9mg (6.03%), Vitamin B2: 0.09mg (5.32%), Fiber: 1.3g (5.19%), Vitamin B6: 0.07mg (3.27%), Potassium: 87.26mg (2.49%), Magnesium: 9.74mg (2.43%), Vitamin B1: 0.04mg (2.39%), Vitamin B3: 0.42mg (2.08%), Copper: 0.03mg (1.61%), Iron: 0.25mg (1.37%), Selenium: 0.93µg (1.32%), Phosphorus: 12.75mg (1.27%)