



## Pickled Collard Greens with Pineapple



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



4500 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 0.5 cup apple cider vinegar
- ☐ 4.5 pounds collard greens ( 3 bunches)
- ☐ 4 garlic clove finely chopped
- ☐ 1 medium onion thinly sliced
- ☐ 1 cup pineapple fresh chopped ( )
- ☐ 1 tablespoon sugar
- ☐ 1 bay leaves

☐ 0.5 cup citrus champagne vinegar

Equipment

☐ bowl

☐ sauce pan

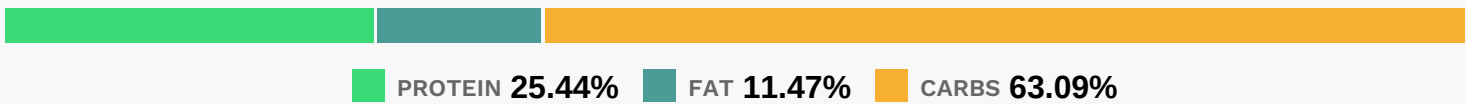
☐ pot

☐ colander

Directions

- ☐ Bring vinegars, onion, garlic, sugar, cayenne, bay leaf, and 1 1/2 teaspoons salt to a simmer in a small saucepan, then remove from heat and let steep 15 minutes. Discard bay leaf.
- ☐ Meanwhile, cook collard greens in a large pot of well-salted boiling water until just tender, 6 to 8 minutes.
- ☐ Drain well in a colander, pressing to squeeze out excess water.
- ☐ Transfer greens to a large bowl, then add pineapple and vinegar mixture and toss to coat. Cool to room temperature, tossing occasionally, about 1 hour.
- ☐ Pickled collard greens can be made 4 days ahead and chilled.
- ☐ Serve cold or at room temperature.

Nutrition Facts



Properties

Glycemic Index:32.22, Glycemic Load:2.95, Inflammation Score:-10, Nutrition Score:33.265217345694%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 22.39mg, Kaempferol: 22.39mg, Kaempferol: 22.39mg, Kaempferol: 22.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.4mg, Quercetin: 9.4mg, Quercetin: 9.4mg, Quercetin: 9.4mg

Nutrients (% of daily need)

Calories: 111.68kcal (5.58%), Fat: 1.62g (2.49%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 20.03g (6.68%), Net Carbohydrates: 9.25g (3.36%), Sugar: 5.37g (5.96%), Cholesterol: 0mg (0%), Sodium: 46.36mg (2.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.16%), Vitamin K: 1115.26µg (1062.15%), Vitamin A: 12844.92IU (256.9%), Vitamin C: 101.54mg (123.08%), Manganese: 1.96mg (97.96%), Folate: 335.6µg (83.9%), Calcium: 602.65mg (60.27%), Fiber: 10.78g (43.12%), Vitamin E: 5.79mg (38.62%), Vitamin B6: 0.48mg (24.05%), Vitamin B2: 0.34mg (20.27%), Magnesium: 74.57mg (18.64%), Potassium: 610.12mg (17.43%), Vitamin B1: 0.16mg (10.91%), Vitamin B3: 2.03mg (10.14%), Iron: 1.42mg (7.9%), Copper: 0.15mg (7.65%), Vitamin B5: 0.75mg (7.51%), Phosphorus: 74.31mg (7.43%), Selenium: 3.65µg (5.21%), Zinc: 0.61mg (4.09%)