



Quick and Delicious Collards

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



33 kcal

SIDE DISH

Ingredients

- 1 bunches collard greens (as much as your pressure cooker will hold)
- 2 cloves garlic minced
- 1 large onion peeled cut into thin rings
- 1 pinch pepper red generous
- 1 cup water

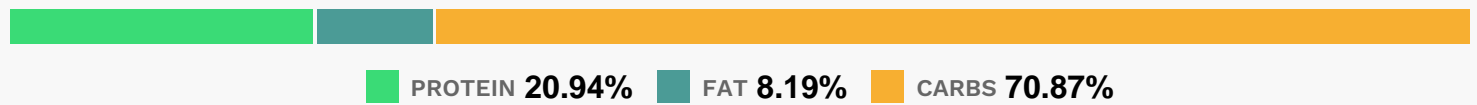
Equipment

- slotted spoon
- pressure cooker

Directions

- Cut off the stems of the collard greens, removing any part of the central stem that seems tough. Stack 2 or 3 leaves on top of each other, roll them up so that they form a long tube, and cut them into thin strands: Repeat with all the collards. Spray the bottom of the pressure cooker lightly with olive oil and heat.
- Add the onions and 2 tablespoons water and cook, stirring, until the water evaporates. Keep cooking and stirring until the onions start to brown.
- Add the garlic and red pepper flakes, and cook for 1 more minute. Stir in the collard greens, add the 1 cup of water, and seal the cooker. Bring to high pressure and then reduce heat to keep the cooker at high pressure for 3 minutes. (If you are using small, baby collards, cook at high pressure for only 1 minute.)
- Remove from heat and use a quick-release method to reduce the pressure. Check the collards for tenderness; if they're still tough, put them back on the heat, but don't seal the cooker. Cook until tender. Salt, if desired, and serve (using a slotted spoon) with additional red pepper flakes.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.91, Inflammation Score:-9, Nutrition Score:11.9773912844445%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 4.4mg, Kaempferol: 4.4mg, Kaempferol: 4.4mg, Kaempferol: 4.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.86mg, Quercetin: 8.86mg, Quercetin: 8.86mg, Quercetin: 8.86mg

Nutrients (% of daily need)

Calories: 32.51kcal (1.63%), Fat: 0.34g (0.52%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 4.01g (1.46%), Sugar: 1.83g (2.03%), Cholesterol: 0mg (0%), Sodium: 13.2mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.89%), Vitamin K: 207.78µg (197.88%), Vitamin A: 2392.32IU (47.85%), Vitamin C: 20.01mg (24.26%), Manganese: 0.39mg (19.32%), Folate: 68.45µg (17.11%), Calcium: 123.4mg (12.34%), Fiber: 2.58g (10.31%), Vitamin E: 1.09mg (7.28%), Vitamin B6: 0.14mg (7.12%), Potassium: 162.43mg (4.64%), Magnesium: 17.58mg (4.39%), Vitamin B2: 0.07mg (4.34%), Vitamin B1: 0.05mg (3.06%), Copper: 0.05mg

(2.53%), Phosphorus: 25.12mg (2.51%), Vitamin B3: 0.41mg (2.05%), Iron: 0.33mg (1.84%), Vitamin B5: 0.18mg (1.82%), Selenium: 1.02µg (1.46%), Zinc: 0.19mg (1.25%)