



Quick Collard Greens

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



7

CALORIES



101 kcal

SIDE DISH

Ingredients

- 4.5 pounds tightly collard greens fresh packed chopped
- 0.3 teaspoon pepper red crushed
- 4 garlic cloves finely chopped
- 1 cup low-salt chicken broth divided
- 0.1 teaspoon salt

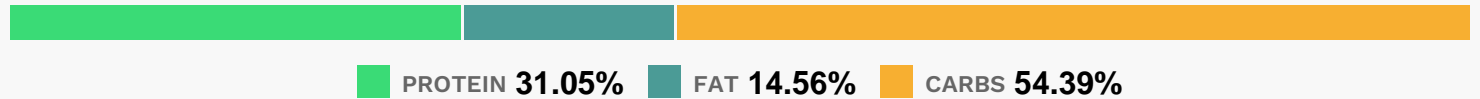
Equipment

- dutch oven

Directions

- Heat 1/2 cup chicken broth in a large Dutch oven over medium heat until hot.
- Add garlic, and cook 2 minutes, stirring frequently.
- Add collard greens and remaining 1/2 cup broth; stir well. Cover and cook 7 minutes, stirring occasionally.
- Remove from heat; stir in crushed red pepper and salt.

Nutrition Facts



Properties

Glycemic Index:4.29, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:35.003913094168%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 25.49mg, Kaempferol: 25.49mg, Kaempferol: 25.49mg, Kaempferol: 25.49mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg

Nutrients (% of daily need)

Calories: 101.46kcal (5.07%), Fat: 2g (3.08%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 16.81g (5.6%), Net Carbohydrates: 5.09g (1.85%), Sugar: 1.41g (1.56%), Cholesterol: 0mg (0%), Sodium: 102.67mg (4.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.2%), Vitamin K: 1274.38µg (1213.69%), Vitamin A: 14656.49IU (293.13%), Vitamin C: 103.47mg (125.42%), Manganese: 1.95mg (97.43%), Folate: 376.23µg (94.06%), Calcium: 681.21mg (68.12%), Fiber: 11.72g (46.9%), Vitamin E: 6.62mg (44.12%), Vitamin B6: 0.51mg (25.36%), Vitamin B2: 0.39mg (23.04%), Magnesium: 79.6mg (19.9%), Potassium: 658.37mg (18.81%), Vitamin B3: 2.65mg (13.23%), Vitamin B1: 0.16mg (10.74%), Phosphorus: 85.85mg (8.59%), Iron: 1.48mg (8.24%), Vitamin B5: 0.79mg (7.89%), Copper: 0.16mg (7.86%), Selenium: 4.05µg (5.78%), Zinc: 0.67mg (4.46%)