



Sauteed Collard Greens

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



149 kcal

SIDE DISH

Ingredients

- 2 garlic clove
- 1 tablespoon butter unsalted
- 2.5 pounds collard greens
- 1 tablespoon olive oil
- 1 teaspoon juice of lemon fresh to taste

Equipment

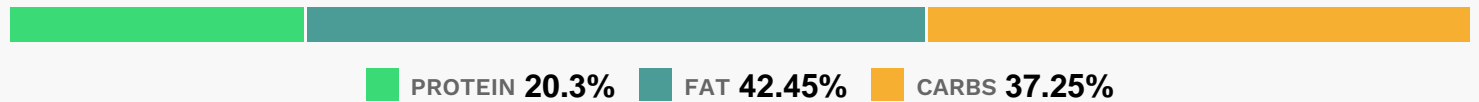
- frying pan
- wooden spoon

colander

Directions

- Remove and discard stems and center ribs of collard greens.
- Cut leaves into 1-inch pieces. In a kettle of boiling water cook collards 15 minutes and drain in a colander, pressing out excess liquid with back of a wooden spoon.
- Mince garlic. In a 12-inch heavy skillet heat butter and oil over moderately high heat until foam subsides and stir in garlic, collards, and salt and pepper to taste. Sauté collard mixture, stirring, until heated through, about 5 minutes.
- Drizzle collards with lemon juice and toss well.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.14, Inflammation Score:-10, Nutrition Score:34.264347789404%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 24.78mg, Kaempferol: 24.78mg, Kaempferol: 24.78mg, Kaempferol: 24.78mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg

Nutrients (% of daily need)

Calories: 149.26kcal (7.46%), Fat: 8.08g (12.43%), Saturated Fat: 2.44g (15.24%), Carbohydrates: 15.95g (5.32%), Net Carbohydrates: 4.58g (1.66%), Sugar: 1.35g (1.5%), Cholesterol: 7.53mg (2.51%), Sodium: 48.92mg (2.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.38%), Vitamin K: 1241.25µg (1182.14%), Vitamin A: 14316.3IU (286.33%), Vitamin C: 101.03mg (122.46%), Manganese: 1.89mg (94.54%), Folate: 366.11µg (91.53%), Calcium: 661.37mg (66.14%), Vitamin E: 7mg (46.64%), Fiber: 11.38g (45.5%), Vitamin B6: 0.49mg (24.35%), Vitamin B2: 0.37mg (21.86%), Magnesium: 77.06mg (19.27%), Potassium: 612.02mg (17.49%), Vitamin B3: 2.12mg (10.58%), Vitamin B1: 0.16mg (10.44%), Vitamin B5: 0.77mg (7.71%), Iron: 1.38mg (7.66%), Phosphorus: 74.11mg (7.41%), Copper: 0.14mg (6.78%), Selenium: 3.93µg (5.62%), Zinc: 0.62mg (4.11%)