



HEALTH SCORE

54%

Sautéed Collards and Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



105 kcal

SIDE DISH

Ingredients

- ☐ 6 pounds collard greens
- ☐ 4 garlic cloves minced
- ☐ 2 cups onion minced
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons vegetable oil

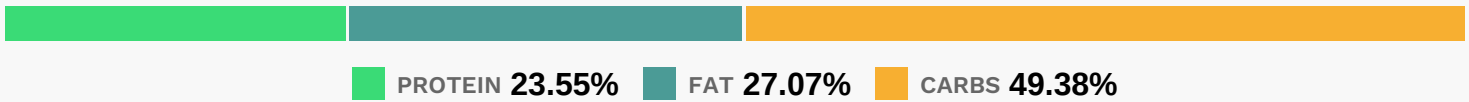
Equipment

- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Remove stems from collard greens. Wash leaves thoroughly; pat dry, and coarsely chop to equal 20 cups.
- ☐ Bring 4 quarts water to a boil in a large stockpot; add half of the chopped greens, and cook for 4 minutes.
- ☐ Remove the greens with a slotted spoon, draining them well. Repeat the procedure with remaining chopped greens, and discard the water.
- ☐ Heat oil in stockpot over medium heat.
- ☐ Add onion and garlic; saut 3 minutes or until tender.
- ☐ Add greens and salt; saut 3 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.64, Inflammation Score:-10, Nutrition Score:30.411738831064%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 20mg, Kaempferol: 20mg, Kaempferol: 20mg, Kaempferol: 20mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg

Nutrients (% of daily need)

Calories: 104.77kcal (5.24%), Fat: 3.68g (5.66%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 5.57g (2.02%), Sugar: 2.18g (2.43%), Cholesterol: 0mg (0%), Sodium: 233.58mg (10.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.41%), Vitamin K: 995.39µg (947.99%), Vitamin A: 11383.52IU (227.67%), Vitamin C: 82.34mg (99.81%), Manganese: 1.54mg (77.2%), Folate: 297.66µg (74.42%), Calcium: 534.23mg (53.42%), Fiber: 9.55g (38.18%), Vitamin E: 5.32mg (35.45%), Vitamin B6: 0.42mg (20.93%), Vitamin B2: 0.3mg (17.83%), Magnesium: 64.16mg (16.04%), Potassium: 526.06mg (15.03%), Vitamin B1: 0.14mg (9.12%), Vitamin B3: 1.72mg (8.6%), Phosphorus: 65.96mg (6.6%), Vitamin B5: 0.64mg (6.44%), Iron: 1.14mg (6.34%), Copper: 0.12mg (5.89%), Selenium: 3.22µg (4.61%), Zinc: 0.53mg (3.56%)