



Sautéed Greens With Pork

 **Gluten Free**  **Dairy Free**

READY IN



26 min.

SERVINGS



6

CALORIES



162 kcal

SIDE DISH

Ingredients

- 1 lb collard greens fresh washed trimmed coarsely chopped
- 1 tablespoon ginger fresh chopped
- 3 garlic cloves minced
- 0.5 cup onion chopped
- 0.5 teaspoon pepper
- 0.5 pound fatty pork smoked chopped
- 1 tablespoon rice vinegar
- 1 teaspoon salt

- 1 serrano chiles split
- 1 tablespoon sesame oil
- 1 tablespoon sugar

Equipment

- frying pan
- wok

Directions

- Saut onion and next 3 ingredients in hot oil in a large skillet or wok 1 minute. Stir in salt and pepper.
- Add greens and sausage; saut 2 minutes.
- Add sugar and vinegar; cover and cook 3 minutes or until wilted.
- Remove and discard serrano pepper before serving.
- *1/2 jalapeo pepper, split, may be substituted.

Nutrition Facts



Properties

Glycemic Index:37.35, Glycemic Load:1.86, Inflammation Score:-10, Nutrition Score:18.876956639083%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 6.7mg, Kaempferol: 6.7mg, Kaempferol: 6.7mg, Kaempferol: 6.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg

Nutrients (% of daily need)

Calories: 161.65kcal (8.08%), Fat: 10.85g (16.69%), Saturated Fat: 3.36g (21%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 4.83g (1.76%), Sugar: 2.98g (3.32%), Cholesterol: 27.22mg (9.07%), Sodium: 422.75mg (18.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.96g (17.92%), Vitamin K: 331.15µg (315.39%), Vitamin A: 3807.63IU (76.15%), Vitamin C: 28.91mg (35.05%), Manganese: 0.57mg (28.59%), Folate: 102.38µg (25.59%), Vitamin B1: 0.33mg (21.84%), Calcium: 187.92mg (18.79%), Vitamin B6: 0.31mg (15.58%), Selenium: 10.61µg (15.15%),

Fiber: 3.38g (13.54%), Vitamin E: 1.76mg (11.71%), Vitamin B2: 0.19mg (11.43%), Vitamin B3: 2.25mg (11.26%),
Phosphorus: 92.38mg (9.24%), Potassium: 305.27mg (8.72%), Magnesium: 30.35mg (7.59%), Zinc: 1.04mg (6.94%),
Vitamin B5: 0.49mg (4.86%), Vitamin B12: 0.26µg (4.41%), Iron: 0.78mg (4.32%), Copper: 0.07mg (3.41%)