



Savory Southern-Style Greens



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



9

CALORIES



246 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch collard greens trimmed sliced into 1/2-inch strips
- ☐ 3 cubes ham bouillon
- ☐ 2 tablespoons vinegar brine from a jar of jalapeno peppers sliced
- ☐ 0.5 teaspoon pepper
- ☐ 9 servings optional: rice cooked
- ☐ 2 ham hocks smoked
- ☐ 2 tablespoons sugar
- ☐ 6 cups water divided

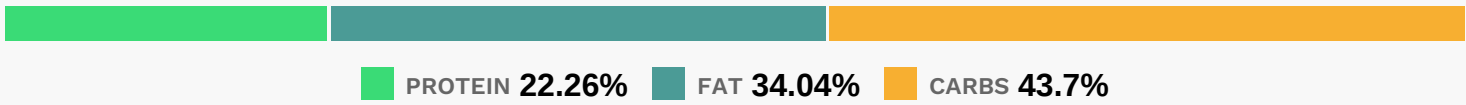
Equipment

- ☐ pot
- ☐ slow cooker

Directions

- ☐ Combine ham hocks and 6 cups water in a stockpot; bring to a boil. Reduce heat and simmer 15 to 30 minutes. Stir in ham bouillon cubes, sugar, brine and pepper.
- ☐ Transfer ham hocks and greens to a 5-quart slow cooker; pour cooking liquid over top. Cover and cook on low setting 8 hours or until greens are tender but not mushy, adding more water as necessary to keep crock at least half full of liquid.
- ☐ Remove ham hocks, dice meat and return to slow cooker.
- ☐ Serve over rice, if desired.

Nutrition Facts



Properties

Glycemic Index:27.01, Glycemic Load:25.83, Inflammation Score:-7, Nutrition Score:9.9339131607634%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 245.69kcal (12.28%), Fat: 9.12g (14.03%), Saturated Fat: 3.31g (20.68%), Carbohydrates: 26.34g (8.78%), Net Carbohydrates: 25.06g (9.11%), Sugar: 2.94g (3.26%), Cholesterol: 41.38mg (13.79%), Sodium: 110.82mg (4.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.42g (26.83%), Vitamin K: 93.05µg (88.62%), Manganese: 0.53mg (26.47%), Vitamin A: 1096.11IU (21.92%), Vitamin C: 11.41mg (13.82%), Selenium: 6.31µg (9.01%), Folate: 30.53µg (7.63%), Calcium: 70.11mg (7.01%), Potassium: 222.01mg (6.34%), Vitamin B6: 0.12mg (6.19%), Fiber: 1.28g (5.13%), Iron: 0.89mg (4.96%), Copper: 0.09mg (4.65%), Magnesium: 17.51mg (4.38%), Vitamin E: 0.63mg (4.2%), Phosphorus: 41mg (4.1%), Vitamin B5: 0.38mg (3.78%), Zinc: 0.46mg (3.07%), Vitamin B3: 0.53mg (2.66%), Vitamin B2: 0.04mg (2.44%), Vitamin B1: 0.03mg (2.04%)