



Shredded Collard Greens with Walnuts and Pickled Apples



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



299 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon suya seasoning mix
- ☐ 0.5 cup apple cider vinegar
- ☐ 1 pound collard greens
- ☐ 2 gala apple red
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 3 ounces walnut halves
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ slotted spoon
- ☐ cutting board

Directions

- ☐ Quarter and core apples, then cut each quarter lengthwise into 1/8-inch-thick slices. Boil vinegar, water, sugar, salt, and pickling spice in a saucepan, stirring, until sugar is dissolved.
- ☐ Add apples and return to a boil.
- ☐ Transfer to a heatproof bowl and cool. Chill, uncovered, until cold, about 1 hour.
- ☐ Toast walnuts in oil in a small skillet over moderate heat, stirring occasionally, until a shade darker. Cool nuts in oil.
- ☐ Transfer nuts to a cutting board with a slotted spoon, reserving oil. Coarsely chop 1 tablespoon nuts and finely chop remaining nuts.
- ☐ Halve each collard leaf lengthwise with kitchen shears or a sharp knife, cutting out and discarding center ribs. Stack leaves and cut crosswise into 1/4-inch-wide strips.
- ☐ Transfer to a large bowl.
- ☐ Transfer all nuts and oil from skillet to collards and toss with 1/2 teaspoon salt and pepper to taste.
- ☐ Add apple slices, discarding pickling liquid and spices, and toss again.
- ☐ ·Apples may be pickled 3 days ahead and kept chilled, covered.·Nuts may be toasted and chopped 1 day ahead and kept in the oil in an airtight container at room temperature.

Nutrition Facts



PROTEIN 5.91% FAT 53.85% CARBS 40.24%

Properties

Glycemic Index:27.85, Glycemic Load:14.13, Inflammation Score:-10, Nutrition Score:19.767391204834%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 6.69mg, Kaempferol: 6.69mg, Kaempferol: 6.69mg, Kaempferol: 6.69mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 298.53kcal (14.93%), Fat: 18.89g (29.07%), Saturated Fat: 2.18g (13.64%), Carbohydrates: 31.76g (10.59%), Net Carbohydrates: 25.98g (9.45%), Sugar: 23.77g (26.42%), Cholesterol: 0mg (0%), Sodium: 598.63mg (26.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Vitamin K: 342.61µg (326.29%), Vitamin A: 3843.87IU (76.88%), Manganese: 1.1mg (54.77%), Vitamin C: 29.68mg (35.98%), Folate: 115.18µg (28.8%), Fiber: 5.78g (23.12%), Vitamin E: 3.36mg (22.42%), Calcium: 209.23mg (20.92%), Copper: 0.29mg (14.56%), Magnesium: 49.46mg (12.37%), Vitamin B6: 0.23mg (11.72%), Potassium: 313.88mg (8.97%), Vitamin B2: 0.14mg (8.4%), Phosphorus: 77.43mg (7.74%), Iron: 1.25mg (6.92%), Vitamin B1: 0.1mg (6.73%), Zinc: 0.66mg (4.39%), Vitamin B3: 0.81mg (4.07%), Vitamin B5: 0.33mg (3.27%), Selenium: 1.84µg (2.62%)