

Slow-Cooked Collard Greens

 **Gluten Free**

 **Dairy Free**

READY IN

ready

35 min.

SERVINGS

servings

8

CALORIES

calories

140 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 2 quarts chicken broth
- ☐ 2 tablespoons cider vinegar
- ☐ 2 large bunches collard greens
- ☐ 2 garlic cloves smashed
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons olive oil
- ☐ 1 onion sliced

- ☐ 1 ham hock smoked
- ☐ 1 teaspoon sugar

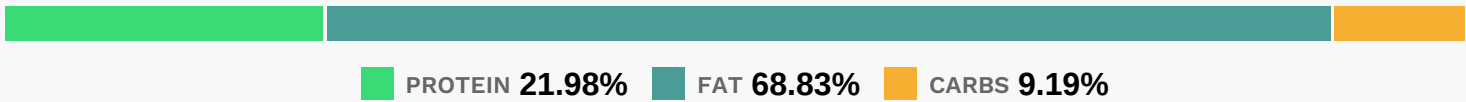
Equipment

- ☐ pot
- ☐ wooden spoon

Directions

- ☐ To prepare the greens: cut away the tough stalks and stems from the collards, and discard any leaves that are bruised or yellow. Wash the collards thoroughly to remove the grit, 2 or 3 times, until the water runs clear. Dry thoroughly. Tear the leaves into large pieces.
- ☐ Place a large pot over medium heat and add the olive oil.
- ☐ Add the onion, garlic, bay leaves, and ham hock. Cook until the onions are soft and starting to brown, about 8 to 10 minutes. Pack in the greens, pushing them down into the pot.
- ☐ Add the broth, vinegar, and sugar. Bring up to a boil turning the greens over occasionally with a wooden spoon as they wilt. Lower to a simmer, cover the pot, and let cook for 45 minutes. Taste the "pot liquor" (broth) and check the seasoning, add salt and pepper. Cover and let cook for 15 more minutes.
- ☐ Remove the bay leaves and serve.

Nutrition Facts



Properties

Glycemic Index:24.89, Glycemic Load:0.73, Inflammation Score:-1, Nutrition Score:2.492173915324%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 140.04kcal (7%), Fat: 10.66g (16.4%), Saturated Fat: 2.57g (16.06%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.91g (1.06%), Sugar: 2.12g (2.36%), Cholesterol: 27.89mg (9.3%), Sodium: 931.91mg (40.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.66g (15.32%), Vitamin B2: 0.14mg (8.52%), Manganese: 0.16mg (8.25%), Vitamin E: 0.86mg (5.74%), Vitamin K: 4.48µg (4.27%), Potassium: 148.45mg (4.24%), Vitamin B1: 0.06mg (3.85%), Iron: 0.61mg (3.39%), Vitamin B3: 0.54mg (2.71%), Copper: 0.05mg (2.25%), Calcium: 19.78mg (1.98%), Vitamin C: 1.35mg (1.64%), Selenium: 1.14µg (1.62%), Phosphorus: 15.15mg (1.51%), Zinc: 0.2mg (1.35%), Vitamin B6: 0.03mg (1.35%), Fiber: 0.29g (1.17%), Magnesium: 4.38mg (1.1%)