



Slow-Cooked Collard Greens



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 28 ounce italian-seasoned chicken broth canned
- ☐ 2 pound collard greens fresh chopped
- ☐ 1 bell pepper green seeded coarsely chopped
- ☐ 5 green onions chopped
- ☐ 12 servings pepper sauce
- ☐ 0.8 teaspoon salt
- ☐ 1.3 pounds turkey wing smoked

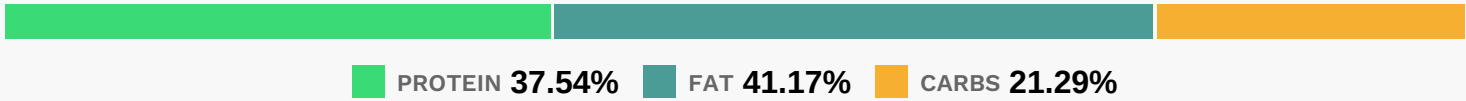
Equipment

- ☐ oven
- ☐ slow cooker

Directions

- ☐ Remove skin and meat from turkey wing, discarding skin and bone. Coarsely chop meat.
- ☐ Combine chopped turkey and next 6 ingredients in a 6-quart slow cooker.
- ☐ Cover and cook on LOW 9 hours or until greens are tender.
- ☐ Serve with pepper sauce.
- ☐ Soppin' Up: Have some corn bread or rolls handy for sopping up the juices.
- ☐ * Ready-to-bake macaroni and cheese
- ☐ * Hot-and-Spicy Black Eyed Peas
- ☐ * Deli cornbread

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:0.12, Inflammation Score:-10, Nutrition Score:18.066956717035%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 6.68mg, Kaempferol: 6.68mg, Kaempferol: 6.68mg, Kaempferol: 6.68mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 94.33kcal (4.72%), Fat: 4.53g (6.97%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 1.93g (0.7%), Sugar: 0.99g (1.1%), Cholesterol: 23.48mg (7.83%), Sodium: 424.78mg (18.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.29g (18.59%), Vitamin K: 341.59µg (325.32%), Vitamin A: 3886.26IU (77.73%), Vitamin C: 35.67mg (43.24%), Manganese: 0.56mg (28.22%), Folate: 103.95µg (25.99%), Calcium: 187.53mg (18.75%), Vitamin B6: 0.28mg (14.01%), Fiber: 3.34g (13.38%), Vitamin E: 1.8mg (12%), Selenium: 8.37µg (11.96%), Vitamin B3: 2.18mg (10.91%), Vitamin B2: 0.18mg (10.54%), Potassium: 281.34mg (8.04%), Phosphorus: 77.76mg (7.78%), Magnesium: 29.86mg (7.47%), Vitamin B1: 0.08mg (5.27%), Iron: 0.92mg (5.1%), Zinc:

0.73mg (4.84%), Copper: 0.08mg (4.05%), Vitamin B5: 0.4mg (3.98%), Vitamin B12: 0.14µg (2.28%)