



Slow Cooker Collard Greens

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



410 min.

SERVINGS



8

CALORIES



286 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black as needed freshly ground plus more
- 0.3 teaspoon ground pepper
- 1 tablespoon apple cider vinegar
- 5 pounds collard greens (6 bunches)
- 4 medium garlic clove finely chopped
- 1 tablespoon granulated sugar
- 2 teaspoons kosher salt as needed plus more
- 2 cups chicken broth low-sodium

- 2 tablespoons olive oil
- 2 pounds turkey legs smoked
- 2 medium onion yellow

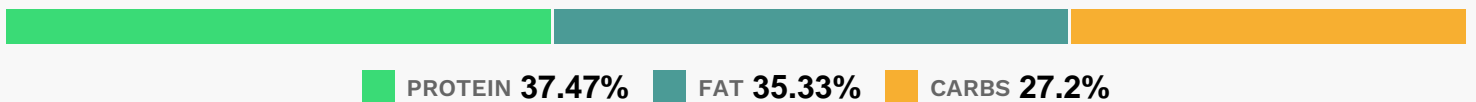
Equipment

- pot
- slow cooker
- cutting board

Directions

- Place the ham hocks or turkey drumsticks in a 3-quart or larger slow cooker; set aside. Using your hands, remove the collard leaves from the tough stems and discard the stems. Tear the leaves into bite-sized pieces, then wash and dry them; set aside.
- Heat the oil in a large, wide-bottomed pot over medium heat until shimmering.
- Add the onion and garlic, season with salt and pepper, and cook, stirring occasionally, until the onion has softened, about 5 minutes. Increase the heat to high, add the broth or stock, stir to combine, and bring to a boil. Stir in the greens a handful at a time, adding more as they wilt, until they're all in the pot. Turn off the heat and add 1 tablespoon of the vinegar, the sugar, measured salt, measured pepper, and cayenne and stir to combine.
- Transfer to the slow cooker. Cover and cook until the greens are very tender, about 4 to 5 hours on high or 5 to 6 hours on low.
- Remove the ham hocks or turkey drumsticks to a cutting board. When they're cool enough to handle, remove the meat from the bones (discard the skin and bones), shred it into bite-sized pieces, and stir it back into the greens.
- Add the remaining teaspoon of vinegar and stir to combine. Taste and season with salt and pepper as needed.

Nutrition Facts



Properties

Glycemic Index:28.89, Glycemic Load:1.77, Inflammation Score:-10, Nutrition Score:42.652608892192%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 24.96mg, Kaempferol: 24.96mg, Kaempferol: 24.96mg, Kaempferol: 24.96mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.89mg, Quercetin: 12.89mg, Quercetin: 12.89mg, Quercetin: 12.89mg

Nutrients (% of daily need)

Calories: 286.39kcal (14.32%), Fat: 11.96g (18.4%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 20.73g (6.91%), Net Carbohydrates: 8.85g (3.22%), Sugar: 4.07g (4.53%), Cholesterol: 66.83mg (22.28%), Sodium: 718.48mg (31.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.54g (57.09%), Vitamin K: 1241.27µg (1182.16%), Vitamin A: 14258.48IU (285.17%), Vitamin C: 102.62mg (124.39%), Manganese: 1.96mg (98.11%), Folate: 380.47µg (95.12%), Calcium: 686.02mg (68.6%), Fiber: 11.87g (47.49%), Vitamin E: 6.94mg (46.25%), Vitamin B6: 0.85mg (42.35%), Selenium: 28.9µg (41.29%), Vitamin B2: 0.59mg (34.99%), Vitamin B3: 5.73mg (28.67%), Potassium: 961.34mg (27.47%), Phosphorus: 265.87mg (26.59%), Magnesium: 100.33mg (25.08%), Zinc: 3.63mg (24.21%), Vitamin B5: 1.83mg (18.26%), Iron: 3.2mg (17.77%), Vitamin B1: 0.24mg (16.1%), Copper: 0.31mg (15.56%), Vitamin B12: 0.43µg (7.1%)