



HEALTH SCORE

100%

Smoky Collard Greens



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



182 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon cayenne pepper
- 4 servings kosher salt and freshly cracked pepper black
- 2.5 pounds mustard greens washed
- 3 tablespoons olive oil
- 1 teaspoon paprika smoked sweet
- 0.5 cup water
- 1 medium onion yellow sliced

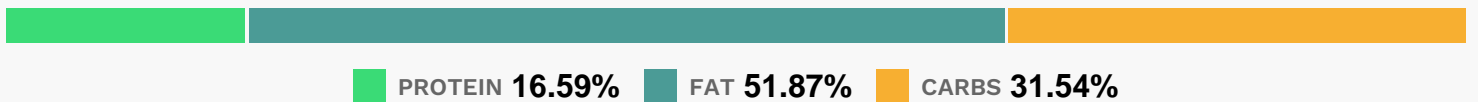
Equipment

- bowl
- pot
- dutch oven
- tongs

Directions

- Watch how to make this recipe.
- Heat the oil in a large Dutch oven over medium-high heat.
- Add the onions, paprika, and cayenne and season with salt and pepper, to taste. Cook stirring occasionally, until the onions are softened, about 5 minutes.
- Add 1/2 cup water to the pot and once the water is simmering, add the greens (you may have to pack them in). Season generously with salt and pepper, cover with a lid and cook for 10 minutes.
- Remove the lid, toss the greens well with tongs, and continue simmering on low heat, until the greens are completely cooked and nearly all of the liquid has evaporated, about 10 minutes more.
- Taste and adjust seasoning.
- Transfer to a serving bowl and serve warm.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:1.93, Inflammation Score:-10, Nutrition Score:28.253043558287%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 47.3mg, Isorhamnetin: 47.3mg, Isorhamnetin: 47.3mg, Isorhamnetin: 47.3mg Kaempferol: 108.76mg, Kaempferol: 108.76mg, Kaempferol: 108.76mg, Kaempferol: 108.76mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 30.53mg, Quercetin: 30.53mg, Quercetin: 30.53mg, Quercetin: 30.53mg

Nutrients (% of daily need)

Calories: 182.17kcal (9.11%), Fat: 11.8g (18.16%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 16.15g (5.38%), Net Carbohydrates: 6.4g (2.33%), Sugar: 4.97g (5.53%), Cholesterol: 0mg (0%), Sodium: 253.66mg (11.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.5g (16.99%), Vitamin K: 738.35µg (703.19%), Vitamin C: 200.58mg (243.13%), Vitamin A: 8871.73IU (177.43%), Vitamin E: 7.4mg (49.32%), Fiber: 9.75g (38.99%), Calcium: 334.79mg (33.48%), Potassium: 1142.83mg (32.65%), Vitamin B6: 0.56mg (27.85%), Iron: 4.88mg (27.13%), Copper: 0.49mg (24.37%), Magnesium: 94.85mg (23.71%), Vitamin B2: 0.33mg (19.21%), Phosphorus: 174.34mg (17.43%), Vitamin B1: 0.24mg (16.1%), Vitamin B3: 2.36mg (11.81%), Folate: 39.62µg (9.91%), Vitamin B5: 0.64mg (6.42%), Zinc: 0.78mg (5.22%), Selenium: 2.73µg (3.9%), Manganese: 0.05mg (2.32%)