



Southern Collard Greens

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



513 kcal

SIDE DISH

Ingredients

- 1 tablespoon canola oil
- 2 pounds collard greens rinsed
- 1 cup chicken stock see low-sodium
- 1 cup onion diced
- 0.5 teaspoon freshly cracked pepper black
- 1 teaspoon pepper sauce hot plus more for serving (recommended: crystal)
- 0.3 teaspoon pepper flakes red crushed
- 1 cup salt pork diced

- 0.5 cup water
- 0.3 cup vinegar white

Equipment

- bowl
- paper towels
- pot

Directions

- Cut off and discard the tough stems and discolored leaves from the greens.
- Cut across the leaves into 2-inch ribbons.
- In a large stock pot, over medium-high heat, add the canola oil and the diced salt pork, and cook until light golden brown and just crisp.
- Remove to a paper towel lined plate and let cool.
- Add the onion to the pot and cook until translucent, about 5 minutes, then add the red chili flakes, black pepper, and the collard greens.
- Stir every few minutes, or until greens have wilted down.
- Add the chicken stock and the water and cover. Cook for 30 to 45 minutes, then remove the lid, increase the heat to high, and add the vinegar and a teaspoon of hot sauce. Adjust the seasoning, if needed, then put it into a serving bowl.
- Sprinkle with the salt pork and serve with additional hot pepper sauce on the side.

Nutrition Facts

 **PROTEIN 6.55%**  **FAT 84.78%**  **CARBS 8.67%**

Properties

Glycemic Index:18.17, Glycemic Load:0.57, Inflammation Score:-10, Nutrition Score:25.600434863049%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 13.39mg, Kaempferol: 13.39mg, Kaempferol: 13.39mg, Kaempferol: 13.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.3mg,

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Nutrients (% of daily need)

Calories: 513.11kcal (25.66%), Fat: 49.15g (75.62%), Saturated Fat: 16.99g (106.19%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 4.75g (1.73%), Sugar: 1.9g (2.11%), Cholesterol: 48.73mg (16.24%), Sodium: 1579.79mg (68.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.54g (17.08%), Vitamin K: 662.88µg (631.31%), Vitamin A: 7615.83IU (152.32%), Vitamin C: 55.85mg (67.69%), Manganese: 1.06mg (53.15%), Folate: 200.77µg (50.19%), Calcium: 364.39mg (36.44%), Fiber: 6.57g (26.3%), Vitamin E: 3.87mg (25.77%), Vitamin B6: 0.33mg (16.7%), Vitamin B2: 0.25mg (14.81%), Vitamin B1: 0.22mg (14.42%), Vitamin B3: 2.62mg (13.11%), Potassium: 437.29mg (12.49%), Magnesium: 48.63mg (12.16%), Phosphorus: 87.95mg (8.8%), Selenium: 5.48µg (7.83%), Copper: 0.14mg (6.78%), Iron: 1.14mg (6.31%), Zinc: 0.92mg (6.15%), Vitamin B5: 0.56mg (5.56%), Vitamin B12: 0.2µg (3.39%)