



## Southern Collard Greens

 **Gluten Free**  **Dairy Free**

READY IN



135 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

### Ingredients

- 64 oz chicken broth (8 cups total)
- 1 large onion chopped
- 4 cloves garlic crushed
- 1 pork hock smoked
- 2 lb collard greens fresh washed trimmed
- 1 teaspoon salt
- 0.8 teaspoon pepper
- 2 tablespoons vinegar white

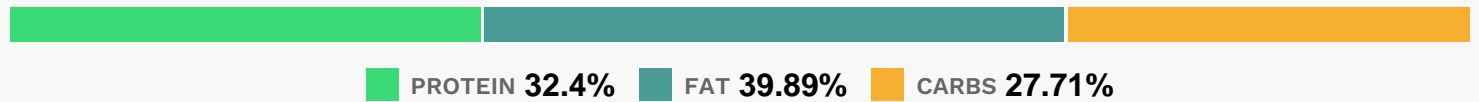
# Equipment

- pot
- dutch oven

# Directions

- In 10-quart stockpot or Dutch oven, heat broth over medium-high heat.
- Add onion, garlic and ham hock.
- Heat to boiling.
- Carefully add collards greens, one bag at a time. Once greens have wilted, stir in salt, pepper and vinegar.
- Cover; cook 1 hour 30 minutes to 2 hours or until greens reach your desired tenderness.
- Remove ham hock.
- Remove ham from bone; discard bone. Shred ham; return to stockpot and stir.

# Nutrition Facts



# Properties

Glycemic Index:23.17, Glycemic Load:0.73, Inflammation Score:-10, Nutrition Score:25.570000078367%

# Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 13.38mg, Kaempferol: 13.38mg, Kaempferol: 13.38mg, Kaempferol: 13.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg

# Nutrients (% of daily need)

Calories: 174.03kcal (8.7%), Fat: 8.12g (12.49%), Saturated Fat: 2.55g (15.92%), Carbohydrates: 12.68g (4.23%), Net Carbohydrates: 6.11g (2.22%), Sugar: 3.08g (3.42%), Cholesterol: 36.93mg (12.31%), Sodium: 1607.5mg (69.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.83g (29.67%), Vitamin K: 661.28µg (629.79%), Vitamin A: 7596.7IU (151.93%), Vitamin C: 55.85mg (67.69%), Manganese: 1.24mg (61.77%), Folate: 199.9µg (49.97%), Calcium: 379.58mg (37.96%), Fiber: 6.58g (26.31%), Vitamin E: 3.55mg (23.65%), Vitamin B2: 0.38mg (22.61%), Vitamin B6: 0.31mg (15.25%), Potassium: 528.49mg (15.1%), Magnesium: 47.34mg (11.83%), Vitamin B1: 0.16mg (10.73%), Vitamin

B3: 1.83mg (9.15%), Iron: 1.5mg (8.32%), Copper: 0.13mg (6.73%), Phosphorus: 60.81mg (6.08%), Selenium: 3.62µg (5.18%), Vitamin B5: 0.48mg (4.77%), Zinc: 0.6mg (4%), Vitamin B12: 0.06µg (1.01%)