



Southern-Style Collard Greens



Gluten Free



Dairy Free



Popular

READY IN



184 min.

SERVINGS



12

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 12 slices hickory-smoked bacon finely chopped
- ☐ 96 oz chicken broth
- ☐ 3 lb collard greens fresh washed and trimmed
- ☐ 6 garlic cloves finely chopped
- ☐ 0.8 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 0.8 pound ham smoked chopped

- ☐ 1 tablespoon sugar
- ☐ 2 medium size onions sweet finely chopped

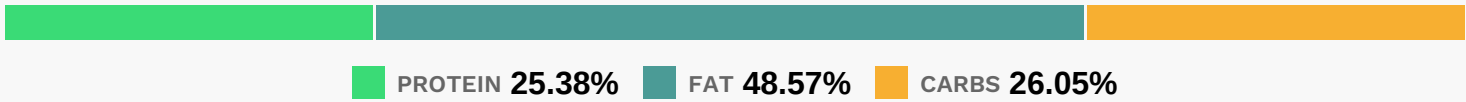
Equipment

- ☐ pot

Directions

- ☐ Cook bacon in a 10–qt. stockpot over medium heat 10 to 12 minutes or until almost crisp.
- ☐ Add onion, and saut 8 minutes; add ham and garlic, and saut 1 minute. Stir in broth and remaining ingredients. Cook 2 hours or to desired degree of tenderness.

Nutrition Facts



Properties

Glycemic Index:14.34, Glycemic Load:0.88, Inflammation Score:-10, Nutrition Score:24.069565215836%

Flavonoids

Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 10.54mg, Kaempferol: 10.54mg, Kaempferol: 10.54mg, Kaempferol: 10.54mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg

Nutrients (% of daily need)

Calories: 195.15kcal (9.76%), Fat: 10.98g (16.89%), Saturated Fat: 3.37g (21.04%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 8.16g (2.97%), Sugar: 5.33g (5.93%), Cholesterol: 32.66mg (10.89%), Sodium: 1549.32mg (67.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.91g (25.82%), Vitamin K: 495.95µg (472.33%), Vitamin A: 5705.5IU (114.11%), Vitamin C: 43.15mg (52.3%), Manganese: 0.95mg (47.65%), Folate: 159.04µg (39.76%), Calcium: 290.99mg (29.1%), Fiber: 5.1g (20.38%), Vitamin E: 2.76mg (18.41%), Vitamin B2: 0.31mg (18.36%), Vitamin B6: 0.34mg (16.82%), Phosphorus: 153.07mg (15.31%), Potassium: 480.13mg (13.72%), Vitamin B1: 0.2mg (13.02%), Magnesium: 50.2mg (12.55%), Vitamin B3: 2.31mg (11.54%), Selenium: 7.31µg (10.44%), Copper: 0.2mg (10.06%), Zinc: 1.26mg (8.42%), Iron: 1.35mg (7.48%), Vitamin B5: 0.51mg (5.1%), Vitamin B12: 0.16µg (2.59%)