



Southern Style Collard Greens



Gluten Free



Dairy Free



Popular

READY IN



130 min.

SERVINGS



4

CALORIES



250 kcal

SIDE DISH

Ingredients

- 2 Tbsp vegetable oil
- 1 medium onion sliced
- 1 ham hock
- 2 garlic cloves smashed
- 1 quart chicken broth
- 1 cups water
- 8 cups collard greens chopped
- 4 servings vinegar and hot sauce to taste

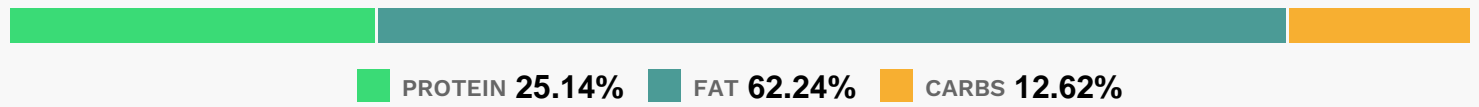
Equipment

pot

Directions

- Heat the bacon fat in a large pot set over medium-high heat. Sauté the onion in the bacon fat, stirring often, until the edges begin to brown, about 5 minutes.
- Add the ham hock, smashed garlic, chicken stock and water and bring to a simmer. Cover and cook for 1 hour.
- Add the collard greens to the pot and cook until tender, another 45 minutes to an hour.
- Chop the meat, add to the greens: To serve, remove the ham hock, pull the meat off the bones and chop.
- Mix the meat back with the greens and serve with vinegar and hot sauce at the table.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.71, Inflammation Score:-10, Nutrition Score:16.912608709024%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 6.48mg, Kaempferol: 6.48mg, Kaempferol: 6.48mg, Kaempferol: 6.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg

Nutrients (% of daily need)

Calories: 249.99kcal (12.5%), Fat: 17.55g (26.99%), Saturated Fat: 4.73g (29.58%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 4.63g (1.68%), Sugar: 2.53g (2.81%), Cholesterol: 51.06mg (17.02%), Sodium: 1003.19mg (43.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.94g (31.89%), Vitamin K: 327.28µg (311.7%), Vitamin A: 3619.26IU (72.39%), Vitamin C: 27.99mg (33.93%), Manganese: 0.64mg (32.16%), Folate: 98.16µg (24.54%), Calcium: 195.83mg (19.58%), Vitamin E: 2.28mg (15.23%), Vitamin B2: 0.24mg (14.26%), Fiber: 3.38g (13.52%), Potassium: 398.23mg (11.38%), Vitamin B6: 0.17mg (8.53%), Iron: 1.28mg (7.1%), Vitamin B1: 0.1mg (6.95%), Magnesium: 25.53mg (6.38%), Vitamin B3: 1.1mg (5.48%), Copper: 0.09mg (4.67%), Phosphorus: 37.74mg (3.77%), Selenium: 2.23µg (3.19%), Zinc: 0.39mg (2.58%), Vitamin B5: 0.26mg (2.56%)