



Southern-Style Greens with Beans

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

READY IN



22 min.

SERVINGS



4

CALORIES



143 kcal

SIDE DISH

Ingredients

- 14 ounce beef broth low-sodium canned
- 15 ounce pinto beans canned
- 1 bunch collard greens
- 0.5 cup onions frozen chopped
- 0.3 cup oz. bacon into pieces
- 0.5 teaspoon pepper flakes red
- 2 teaspoons red wine vinegar

Equipment

sauce pan

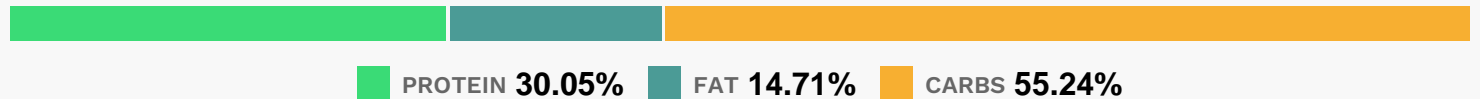
Directions

Watch how to make this recipe.

In a medium saucepan over medium heat, combine all ingredients except beans and cook for 15 minutes stirring occasionally.

Add bean and cook for another 2 minutes.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:5.47, Inflammation Score:-9, Nutrition Score:16.611304402351%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 4.28mg, Kaempferol: 4.28mg, Kaempferol: 4.28mg, Kaempferol: 4.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

Nutrients (% of daily need)

Calories: 142.97kcal (7.15%), Fat: 2.45g (3.77%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 20.71g (6.9%), Net Carbohydrates: 13.49g (4.91%), Sugar: 2.17g (2.41%), Cholesterol: 10.09mg (3.36%), Sodium: 691.87mg (30.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.27g (22.53%), Vitamin K: 210.15µg (200.14%), Vitamin A: 2458.55IU (49.17%), Manganese: 0.68mg (34.09%), Fiber: 7.22g (28.87%), Vitamin C: 19.01mg (23.04%), Folate: 90.66µg (22.66%), Potassium: 628.09mg (17.95%), Calcium: 165.74mg (16.57%), Magnesium: 50.38mg (12.6%), Vitamin E: 1.78mg (11.86%), Phosphorus: 116.43mg (11.64%), Iron: 1.88mg (10.46%), Copper: 0.2mg (10.23%), Vitamin B6: 0.19mg (9.31%), Vitamin B1: 0.09mg (6.05%), Vitamin B2: 0.09mg (5.09%), Zinc: 0.74mg (4.94%), Vitamin B3: 0.69mg (3.45%), Vitamin B5: 0.3mg (2.98%), Selenium: 0.77µg (1.1%)