

A



Tasty Collard Greens

Servings
8

Serving Size
301 (g)

[Select Recipe](#)

C



Tasty Collard Greens

Servings
8

Serving Size
301 (g)

Tasty Collard Greens are a nutritious dish with a FSA score of 5, containing only 142 calories, 2.6g of fat, and 9.6g of protein. This meal is perfect for those looking to maintain a healthy weight while still enjoying a flavourful and satisfying option. With minimal prep time required, it is an ideal choice for individuals with higher BMI, a goal to gain weight, or those seeking to improve their overall health.

[Select Recipe](#)

B



Tasty Collard Greens

Servings
8

Serving Size
301 (g)

Cal
142
Kcal

Sugar
0.30g
Low

Fat
2.6g
Medium

Sat Fat
4.60g
Medium

Salt
0.53g
Low

[Select Recipe](#)

D



Tasty Collard Greens

Servings
8

Serving Size
301 (g)

[#HealthyEating](#)[#LowCalorie](#)[#NutrientRich](#)[#FreshIngredients](#)[#FillingAndSatisfying](#)[#BalancedMeal](#)[Select Recipe](#)