

A



Tasty Collard Greens

Servings
8

Serving Size
301 (g)

Select Recipe

B



Tasty Collard Greens

Servings
8

Serving Size
301 (g)

| | | | | |
|------|-------|--------|---------|-------|
| Cal | Sugar | Fat | Sat Fat | Salt |
| 142 | 0.30g | 15.30g | 4.60g | 0.30g |
| Kcal | Low | Medium | Medium | Low |

Select Recipe

C



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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

D



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8

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301 (g)

- #HealthyEating
- #LowCalorie
- #NutrientRich
- #FreshIngredients
- #FillingAndSatisfying
- #BalancedMeal

Select Recipe