

Instant Pot Collard Greens

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/collards-recipe-southern-instant-pot>

Ingredients:

- 1 tablespoon olive oil
- 1 onion large, chopped
- 1 teaspoon seasoned salt Johnny's
- 1/4 teaspoon crushed red pepper flakes
- 1/2 teaspoon kosher salt coarse salt
- 4 garlic cloves minced
- 32 ounces chicken broth low sodium
- 1 ham hock about 1 to 1 1/2 lbs
- 1 pound collard greens washed, and chopped, or 1 or 2 10 oz bags of pre-washed and chopped

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 13 grams
3. Fat: 6 grams
4. Fiber: 5 grams
5. Protein: 7 grams
6. Sodium: 390 milligrams
7. Sugar: 1 grams

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