



Bacon and Brown Sugar-Braised Collard Greens

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



57 kcal

SIDE DISH

Ingredients

- 2 slices bacon
- 1 tablespoon brown sugar
- 2 tablespoons cider vinegar
- 16 ounce prewashed torn collard greens
- 1 garlic clove minced
- 0.5 teaspoon ground pepper red
- 1 cup onion chopped

- 0.5 teaspoon salt
- 2 cups water

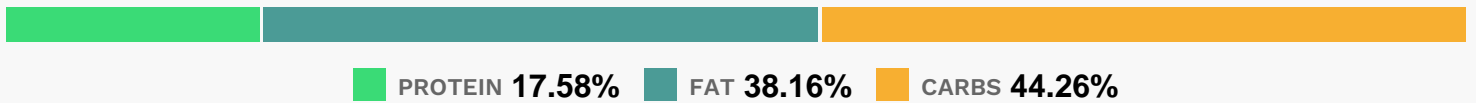
Equipment

- frying pan
- dutch oven

Directions

- Cook bacon in a Dutch oven over medium-high heat until crisp.
- Remove bacon from pan, reserving drippings in pan. Crumble bacon; set aside.
- Add onion and garlic to drippings in pan; cook over medium heat 5 minutes or until tender, stirring occasionally. Stir in crumbled bacon, 2 cups water, and next 4 ingredients (through pepper). Gradually add greens. Cover, reduce heat, and simmer 1 hour or until tender.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:0.47, Inflammation Score:-9, Nutrition Score:13.111739174179%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 5.09mg, Kaempferol: 5.09mg, Kaempferol: 5.09mg, Kaempferol: 5.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 56.52kcal (2.83%), Fat: 2.57g (3.96%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 6.71g (2.24%), Net Carbohydrates: 4.06g (1.48%), Sugar: 2.6g (2.88%), Cholesterol: 3.63mg (1.21%), Sodium: 195.86mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.33%), Vitamin K: 247.96µg (236.15%), Vitamin A: 2900.21IU (58%), Vitamin C: 21.71mg (26.31%), Manganese: 0.42mg (20.95%), Folate: 77.1µg (19.28%), Calcium: 140.65mg (14.07%), Fiber: 2.65g (10.6%), Vitamin E: 1.35mg (8.98%), Vitamin B6: 0.14mg (7.03%), Vitamin B2: 0.09mg (5.01%), Potassium: 169.64mg (4.85%), Magnesium: 19.17mg (4.79%), Vitamin B1: 0.06mg (3.74%), Vitamin B3: 0.68mg (3.4%), Phosphorus: 29.19mg (2.92%), Selenium: 2.03µg (2.9%), Copper: 0.05mg (2.42%), Vitamin B5: 0.21mg (2.11%), Iron: 0.37mg (2.04%), Zinc: 0.23mg (1.56%)