



## Bacon-and-Greens Salsa

 Gluten Free  Dairy Free

READY IN



37 min.

SERVINGS



15

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 slices bacon
- 1 serrano chile pepper minced
- 2 tablespoons cider vinegar
- 1.5 cups regular corn frozen thawed
- 1 teaspoon garlic minced
- 16 oz greens mixed frozen thawed drained
- 15 servings hot sauce
- 0.3 teaspoon pepper

- 15 servings wonton skins
- 15 servings sweet potato chips
- 0.3 teaspoon salt
- 0.5 medium size onion sweet chopped

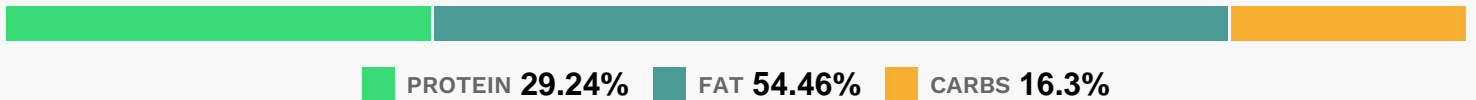
## Equipment

- frying pan
- paper towels

## Directions

- Cook bacon in a large skillet over medium-high heat 7 to 9 minutes or until crisp; remove bacon, and drain on paper towels, reserving 2 Tbsp. drippings in skillet. Crumble bacon.
- Saut greens, onion, and garlic in hot drippings 7 to 10 minutes or until tender. Stir in corn and next 3 ingredients, and cook 3 minutes or until thoroughly heated.
- Remove from heat, and stir in vinegar.
- Sprinkle with bacon.
- Serve warm with pork rinds, sweet potato chips, and hot sauce.

## Nutrition Facts



## Properties

Glycemic Index:10.67, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:3.3860869394696%

## Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

## Nutrients (% of daily need)

Calories: 151.43kcal (7.57%), Fat: 9.16g (14.09%), Saturated Fat: 3.12g (19.52%), Carbohydrates: 6.17g (2.06%), Net Carbohydrates: 5.55g (2.02%), Sugar: 0.62g (0.69%), Cholesterol: 21.04mg (7.01%), Sodium: 386.7mg (16.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.14%), Vitamin C: 9.16mg (11.1%), Vitamin A: 501.61IU (10.03%), Vitamin B6: 0.11mg (5.31%), Folate: 20.55µg (5.14%), Manganese: 0.1mg (4.81%), Phosphorus: 47.18mg (4.72%), Vitamin B3: 0.94mg (4.72%), Vitamin B1: 0.06mg (4.3%), Potassium: 144.33mg (4.12%), Selenium: 2.71µg (3.87%), Iron: 0.53mg (2.92%), Magnesium: 11.56mg (2.89%), Vitamin B2: 0.04mg (2.51%), Fiber: 0.62g (2.48%), Zinc: 0.34mg (2.26%), Copper: 0.04mg (1.9%), Vitamin B5: 0.17mg (1.71%), Calcium: 12.61mg (1.26%)