



Bacon and Kale Adobo



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces applewood-smoked bacon finely chopped
- ☐ 2 bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tbsp coconut vinegar
- ☐ 3 large garlic cloves crushed
- ☐ 1 pound kale chopped fine
- ☐ 2 tbsp soya sauce reduced-sodium
- ☐ 1 small onion finely chopped

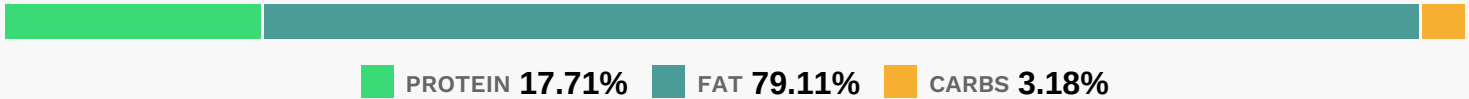
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve

Directions

- ☐ In a 4- to 5-qt. pan over medium heat, cook bacon, stirring, until crisp, 8 to 10 minutes.
- ☐ Pour bacon and fat through a fine strainer into a bowl. Return 5 tbsp. fat to pan; discard the rest.
- ☐ Add onion, garlic, and bay leaves and cook over medium-high heat, stirring often, until onion is pale golden, 5 minutes. Toss in kale; cook, stirring, until wilted.
- ☐ Add 1 cup water, half the bacon, 2 tbsp. each soy sauce and coconut vinegar, the pepper, and chile. Simmer, covered, adding water if pan gets dry, until kale is very tender, 60 minutes.
- ☐ Add soy and vinegar to taste.
- ☐ Serve sprinkled with remaining bacon.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.6, Inflammation Score:-2, Nutrition Score:12.394782543182%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 560.43kcal (28.02%), Fat: 49.17g (75.65%), Saturated Fat: 20.01g (125.05%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 3.98g (1.45%), Sugar: 0.81g (0.9%), Cholesterol: 113.11mg (37.7%), Sodium: 630.76mg (27.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.77g (49.54%), Selenium: 28.4µg (40.57%), Zinc: 4.99mg (33.28%), Vitamin B12: 1.97µg (32.84%), Vitamin B3: 6.16mg (30.79%), Vitamin B6: 0.59mg (29.69%), Phosphorus: 219.56mg (21.96%), Vitamin B2: 0.3mg (17.63%), Vitamin B1: 0.22mg (14.56%), Iron: 2.25mg (12.51%),

Potassium: 397.73mg (11.36%), Magnesium: 32.7mg (8.18%), Manganese: 0.13mg (6.74%), Copper: 0.11mg (5.35%), Vitamin B5: 0.3mg (3%), Vitamin D: 0.4µg (2.65%), Folate: 10.45µg (2.61%), Calcium: 25.49mg (2.55%), Vitamin C: 2.02mg (2.45%), Vitamin K: 2.22µg (2.11%), Fiber: 0.48g (1.91%), Vitamin E: 0.22mg (1.49%)