



Bacon Cheese Grits with Collard Greens

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



478 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 slices bacon chopped
- ☐ 6 servings butter
- ☐ 0.3 cup chicken stock see
- ☐ 2 cups chicken stock see
- ☐ 6 servings chives chopped for garnish
- ☐ 1 pound bundle collard greens washed well
- ☐ 5 garlic cloves minced
- ☐ 1 cup gouda cheese smoked grated

- ☐ 2 tablespoons heavy cream
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 1 cup cooking grits quick
- ☐ 2 cups milk whole

Equipment

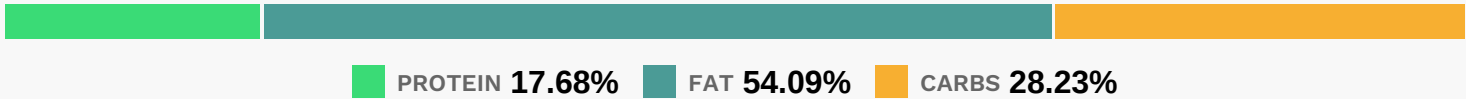
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Add the bacon to medium saucepan over medium heat. Stir with a wooden spoon until some of the fat is rendered.
- ☐ Add the onion and saute until tender and the bacon is cooked and crisp, about 3 to 5 minutes.
- ☐ Add the chicken stock, milk, and salt and pepper, to taste, and bring to a boil.
- ☐ Once boiling, gradually add the grits in a low steady stream, whisking continually. Reduce the heat to low and stir frequently until the liquid is almost absorbed and the grits are thick, about 10 minutes.
- ☐ Add the smoked Gouda, whisking all the while to melt the cheese. Stir in heavy cream and butter. Taste for seasoning and add salt and pepper, if needed.
- ☐ Sprinkle with chives and serve immediately with the Collard Greens.
- ☐ Remove and discard the tough stems and center ribs of the collard greens. Stack the leaves and roll tightly into a cylinder. Thinly slice the collards into ribbons about 1/16th of an inch thick. Repeat with any remaining collard greens.

- ☐ Heat a large skillet over medium heat and add the olive oil. When the oil shimmers add the garlic and saute for 30 seconds.
- ☐ Add the collard greens, toss quickly with tongs, and saute until bright green, about 3 to 4 minutes. Season with salt and pepper, to taste. Stir in the chicken stock and cook until the liquid evaporates, another 2 minutes.
- ☐ Serve immediately with the Grits.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:2.31, Inflammation Score:-10, Nutrition Score:27.946521593177%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 6.83mg, Kaempferol: 6.83mg, Kaempferol: 6.83mg, Kaempferol: 6.83mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 477.61kcal (23.88%), Fat: 29.34g (45.14%), Saturated Fat: 14.85g (92.83%), Carbohydrates: 34.45g (11.48%), Net Carbohydrates: 29.83g (10.85%), Sugar: 7.77g (8.64%), Cholesterol: 83.49mg (27.83%), Sodium: 627.74mg (27.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.58g (43.16%), Vitamin K: 336.02µg (320.02%), Vitamin A: 4399.3IU (87.99%), Calcium: 570.5mg (57.05%), Phosphorus: 416.69mg (41.67%), Folate: 153.26µg (38.32%), Vitamin C: 29.61mg (35.9%), Manganese: 0.64mg (32.14%), Vitamin B2: 0.53mg (31.3%), Vitamin B1: 0.33mg (21.92%), Vitamin B6: 0.42mg (21.15%), Selenium: 13.83µg (19.76%), Vitamin B3: 3.92mg (19.61%), Vitamin B12: 1.14µg (18.94%), Fiber: 4.62g (18.49%), Zinc: 2.64mg (17.6%), Vitamin E: 2.44mg (16.27%), Magnesium: 62.55mg (15.64%), Potassium: 537.34mg (15.35%), Iron: 1.69mg (9.41%), Vitamin B5: 0.86mg (8.57%), Vitamin D: 1.23µg (8.2%), Copper: 0.15mg (7.49%)