



Balsamic Collard Greens



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 3 slices bacon
- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 bay leaves
- ☐ 16 ounce collard greens fresh chopped
- ☐ 2 garlic clove minced
- ☐ 1 tablespoon honey
- ☐ 14.5 ounce beef broth fat-free canned
- ☐ 1 cup onion chopped

☐ 0.3 teaspoon salt

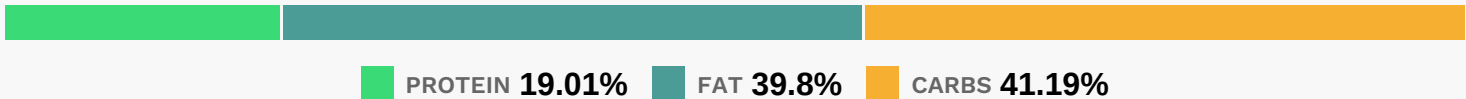
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Cook bacon in a large Dutch oven over medium heat until crisp.
- ☐ Remove bacon from pan; crumble.
- ☐ Add onion to drippings in pan; saut 5 minutes or until tender.
- ☐ Add collard greens, and cook 2 to 3 minutes or until greens begin to wilt, stirring occasionally.
- ☐ Place collard green mixture, salt, and next 3 ingredients (through broth) in a 3-quart electric slow cooker. Cover and cook on LOW for 3 1/2 to 4 hours.
- ☐ Combine balsamic vinegar and honey in a small bowl. Stir vinegar mixture into collard greens just before serving.
- ☐ Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:31.85, Glycemic Load:3.39, Inflammation Score:-10, Nutrition Score:18.773478309745%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 8.14mg, Kaempferol: 8.14mg, Kaempferol: 8.14mg, Kaempferol: 8.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.85mg, Quercetin: 8.85mg, Quercetin: 8.85mg, Quercetin: 8.85mg

Nutrients (% of daily need)

Calories: 125.08kcal (6.25%), Fat: 5.83g (8.97%), Saturated Fat: 1.82g (11.37%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 9.37g (3.41%), Sugar: 6.67g (7.41%), Cholesterol: 8.71mg (2.9%), Sodium: 373.67mg (16.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Vitamin K: 396.59µg (377.7%), Vitamin A: 4560.03IU (91.2%), Vitamin C: 34.8mg (42.18%), Manganese: 0.68mg (33.88%), Folate: 123.26µg (30.82%), Calcium: 223.74mg (22.37%), Fiber: 4.21g (16.85%), Vitamin E: 2.11mg (14.1%), Potassium: 448.39mg (12.81%), Vitamin B6: 0.24mg (11.97%), Vitamin B2: 0.14mg (8.25%), Magnesium: 30.84mg (7.71%), Vitamin B1: 0.1mg (6.84%), Vitamin B3: 1.25mg (6.28%), Selenium: 4.2µg (6%), Phosphorus: 54.82mg (5.48%), Iron: 0.66mg (3.69%), Vitamin B5: 0.36mg (3.65%), Copper: 0.07mg (3.38%), Zinc: 0.43mg (2.88%), Vitamin B12: 0.07µg (1.1%)