



BLT - Braised Bacon, Collards and Tomato Jam

 Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



1016 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 teaspoon curry spice
- 4 cups apple juice
- 0.5 cup bacon diced
- 1 tablespoon cajun spice
- 1 teaspoon cayenne
- 4 cups chicken stock see
- 12 cups chicken stock see

- 1 head collard greens deveined chopped
- 1 tablespoon thyme leaves fresh minced
- 2 tablespoons horseradish
- 1 cup dice mirepoix (celery, carrot and onion)
- 0.5 cup onion red julienned
- 1 tablespoon sea salt
- 12 ounces pork bacon slab
- 2 cups tomatoes diced red
- 1 teaspoon turmeric
- 1 teaspoon pepper white
- 0.5 cup onion diced yellow

Equipment

- bowl
- frying pan
- oven
- pot
- aluminum foil
- broiler

Directions

- For the bacon: Preheat the oven to 350 degrees F.
- Add the bacon, stock and mirepoix to an oven-safe pan, cover with foil and roast for 90 minutes. Then remove the bacon from the stock and allow to cool. Once cooled, portion into 4 portions and hold until re-cooking.
- Add the stock, apple juice, bacon, onions, Cajun spice and collards to a stockpot and cook over medium-high heat until simmering. Then reduce the heat to low and cook until the greens are softened and the liquid has reduced to 2 cups, about 1 hour. After cooking, remove from the heat and hold warm.

- For the tomato jam: During the collard process, in a small saucepot over medium heat, add the tomatoes, onions, horseradish, thyme, salt, cayenne, curry, white pepper and turmeric, and allow to cook for 75 minutes, stirring during the process. Once cooked, keep warm and tighten with a slurry if needed.
- Once all three items are cooked, on an oven-safe pan, add the braised bacon pieces, top with tomato jam and heat under the broiler lightly browned, about 2 minutes. Once browned, portion the collards in a centered pile in a bowl, then top with the relish-broiled bacon and serve.

Nutrition Facts

■ PROTEIN **16.61%**
■ FAT **51.81%**
■ CARBS **31.58%**

Properties

Glycemic Index: 67.44, Glycemic Load: 13.21, Inflammation Score: -10, Nutrition Score: 41.545652285866%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epicatechin: 11.68mg, Epicatechin: 11.68mg, Epicatechin: 11.68mg, Epicatechin: 11.68mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 4.48mg, Kaempferol: 4.48mg, Kaempferol: 4.48mg, Kaempferol: 4.48mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 11.21mg, Quercetin: 11.21mg, Quercetin: 11.21mg, Quercetin: 11.21mg

Nutrients (% of daily need)

Calories: 1015.59kcal (50.78%), Fat: 58.34g (89.75%), Saturated Fat: 18.54g (115.87%), Carbohydrates: 79.99g (26.66%), Net Carbohydrates: 73.07g (26.57%), Sugar: 45.73g (50.81%), Cholesterol: 104.45mg (34.82%), Sodium: 3962.07mg (172.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.08g (84.17%), Vitamin K: 218.01µg (207.63%), Vitamin B3: 21.13mg (105.63%), Vitamin A: 4253.88IU (85.08%), Selenium: 45.72µg (65.31%), Vitamin B2: 1.08mg (63.36%), Vitamin B6: 1.2mg (59.88%), Potassium: 1921.71mg (54.91%), Vitamin B1: 0.79mg (52.47%), Vitamin C: 41.81mg (50.68%), Phosphorus: 498.08mg (49.81%), Manganese: 0.81mg (40.46%), Copper: 0.72mg (35.96%), Folate: 135.51µg (33.88%), Fiber: 6.92g (27.7%), Magnesium: 101mg (25.25%), Iron: 4.48mg (24.88%), Zinc: 3.27mg (21.83%), Vitamin E: 3.07mg (20.49%), Calcium: 204.15mg (20.41%), Vitamin B5: 1.06mg (10.58%), Vitamin B12: 0.57µg (9.55%), Vitamin D: 0.46µg (3.06%)