



## Boozy Braised Collard Greens

 Dairy Free

READY IN



115 min.

SERVINGS



6

CALORIES



196 kcal

SIDE DISH

### Ingredients

- 3 tablespoons apple cider vinegar
- 4 slices bacon chopped
- 0.5 cup bourbon
- 4 cups chicken broth
- 3 large bundles collard greens
- 3 cloves garlic smashed
- 6 servings kosher salt and pepper black freshly ground
- 0.5 cup brown sugar light

0.5 onion sliced

## Equipment

pot

## Directions

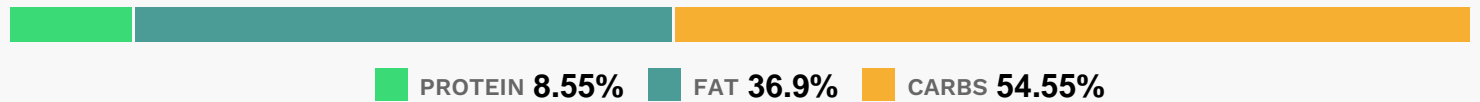
Remove stems from greens and discard.

Roll up like a cigar and slice into ribbons.

In a large pot over medium heat, add bacon, onion, and garlic. Render bacon until crisp and the onion is tender, about 6 minutes.

Stir in brown sugar, vinegar, broth, and bourbon. Season with salt and pepper. Bring to a simmer and stir in the collard greens in batches. Cover and cook for 1 1/2 hours until tender and soft.

## Nutrition Facts



## Properties

Glycemic Index:24, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:4.1852174064387%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

## Nutrients (% of daily need)

Calories: 195.75kcal (9.79%), Fat: 6.2g (9.54%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 20.62g (6.87%), Net Carbohydrates: 20.21g (7.35%), Sugar: 18.91g (21.02%), Cholesterol: 12.81mg (4.27%), Sodium: 685.53mg (29.81%), Alcohol: 6.68g (100%), Alcohol %: 3.63% (100%), Protein: 3.23g (6.47%), Vitamin K: 22.08µg (21.02%), Manganese: 0.19mg (9.51%), Vitamin B2: 0.12mg (6.82%), Selenium: 4.13µg (5.9%), Vitamin B1: 0.08mg (5.64%), Vitamin A: 260.38IU (5.21%), Vitamin B3: 1.02mg (5.08%), Vitamin B6: 0.08mg (4.24%), Calcium: 39.61mg (3.96%), Phosphorus: 35.88mg (3.59%), Vitamin C: 2.91mg (3.53%), Potassium: 118.88mg (3.4%), Copper: 0.05mg (2.74%), Zinc: 0.34mg (2.29%), Iron: 0.4mg (2.23%), Folate: 8.44µg (2.11%), Magnesium: 8.16mg (2.04%), Vitamin B12: 0.1µg (1.74%), Fiber: 0.41g (1.65%), Vitamin E: 0.24mg (1.62%), Vitamin B5: 0.15mg (1.55%)