



WHATSheATE



Braised Kale with Bacon and Cider



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 1 tablespoon apple cider vinegar
- ☐ 2 slices bacon
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 10 ounces apples i use 2 granny smith apples diced
- ☐ 1 pound kale chopped
- ☐ 1.3 cups onion thinly sliced
- ☐ 0.5 teaspoon salt

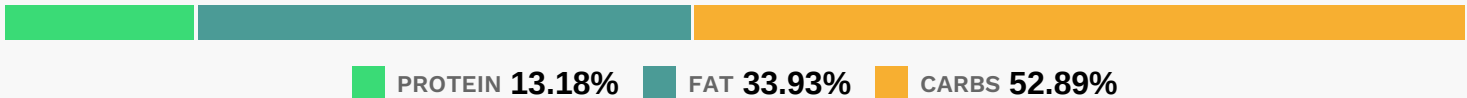
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Place a Dutch oven over medium heat.
- ☐ Add bacon; cook 5 minutes or until crisp, stirring occasionally.
- ☐ Remove bacon from pan, reserving 1 teaspoon drippings in pan. Crumble bacon, and set aside.
- ☐ Increase heat to medium-high.
- ☐ Add onion to pan; cook 5 minutes or until tender, stirring occasionally.
- ☐ Add kale, and cook 5 minutes or until wilted, stirring frequently.
- ☐ Add cider and vinegar; cover and cook 10 minutes, stirring occasionally.
- ☐ Add apple, salt, and pepper; cook 5 minutes or until apple is tender, stirring occasionally.
- ☐ Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:33.96, Glycemic Load:3.1, Inflammation Score:-10, Nutrition Score:20.300869421467%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 4.18mg, Epicatechin: 4.18mg, Epicatechin: 4.18mg, Epicatechin: 4.18mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 19.51mg, Isorhamnetin: 19.51mg, Isorhamnetin: 19.51mg, Isorhamnetin: 19.51mg Kaempferol: 35.66mg, Kaempferol: 35.66mg, Kaempferol: 35.66mg, Kaempferol: 35.66mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 25.81mg, Quercetin: 25.81mg, Quercetin: 25.81mg, Quercetin: 25.81mg

Nutrients (% of daily need)

Calories: 101.71kcal (5.09%), Fat: 4.17g (6.42%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 9.78g (3.56%), Sugar: 8.2g (9.12%), Cholesterol: 4.84mg (1.61%), Sodium: 284.88mg (12.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.29%), Vitamin K: 296.14µg (282.04%), Vitamin A: 7581.79IU (151.64%), Vitamin C: 75.37mg (91.35%), Manganese: 0.59mg (29.28%), Calcium: 204.6mg (20.46%), Fiber: 4.85g (19.39%), Vitamin B2: 0.29mg (17.17%), Folate: 54.64µg (13.66%), Potassium: 393.04mg (11.23%), Vitamin B6: 0.19mg (9.63%), Vitamin B1: 0.13mg (8.79%), Magnesium: 32.45mg (8.11%), Iron: 1.4mg (7.76%), Phosphorus: 68.25mg (6.83%), Vitamin B3: 1.28mg (6.4%), Vitamin E: 0.62mg (4.16%), Copper: 0.07mg (3.6%), Selenium: 2.34µg (3.34%), Zinc: 0.46mg (3.08%), Vitamin B5: 0.19mg (1.87%)