



## Braised Mustard Greens



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



54 kcal

SIDE DISH

### Ingredients

- 4 slices bacon chopped
- 2 cups chicken broth
- 8 servings coarse salt
- 3 bunches mustard greens trimmed chopped
- 2 teaspoons sugar
- 2 tablespoons vinegar white

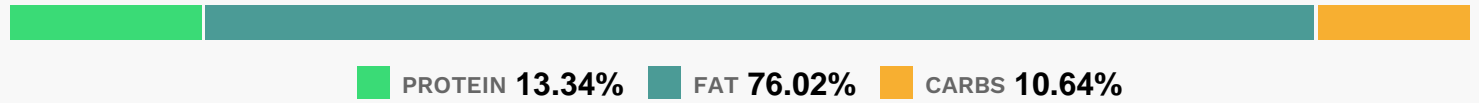
### Equipment

- frying pan

## Directions

- In a large skillet over medium high heat brown bacon and render its fat.
- Add chopped greens to the pan in batches and turn until they wilt, then add more greens. When all of the greens are in the pan, add vinegar and cook a minute. Season greens with sugar and salt.
- Add chicken broth to the pan and cover. Reduce heat to medium low and simmer greens 15 to 20 minutes then serve.

## Nutrition Facts



## Properties

Glycemic Index:19.01, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:1.0991304179087%

## Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 54.07kcal (2.7%), Fat: 4.49g (6.91%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 1.4g (0.51%), Sugar: 1.26g (1.4%), Cholesterol: 8.44mg (2.81%), Sodium: 484.74mg (21.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.55%), Selenium: 2.48µg (3.54%), Vitamin B3: 0.57mg (2.87%), Vitamin B1: 0.04mg (2.87%), Vitamin B2: 0.04mg (2.6%), Phosphorus: 18.57mg (1.86%), Manganese: 0.03mg (1.55%), Vitamin B6: 0.03mg (1.5%), Zinc: 0.17mg (1.15%), Vitamin B12: 0.07µg (1.11%)