



Braised Mustard Greens

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bacon chopped
- 0.8 cup chicken stock see
- 3 cloves garlic peeled sliced
- 0.3 cup golden raisins
- 2 bunches mustard greens chopped
- 4 servings salt and pepper black freshly ground

Equipment

- frying pan

pot

Directions

- Watch how to make this recipe.
- On medium heat, saute garlic and bacon in a large saute pan.
- While bacon is cooking boil water in a large pot. Blanch mustard greens in boiling water until bright green.
- Drain greens.
- In a saute pan with the bacon, add greens and garlic. Stir together.
- Add chicken stock and raisins.
- Mix well together.
- Add salt and pepper, for taste, and let simmer for 5 minutes.

Nutrition Facts

  
 **PROTEIN 12.28%**  **FAT 79.17%**  **CARBS 8.55%**

Properties

Glycemic Index:37.67, Glycemic Load:4.1, Inflammation Score:-1, Nutrition Score:8.7678260829138%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 520.18kcal (26.01%), Fat: 45.61g (70.16%), Saturated Fat: 15.24g (95.24%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 10.63g (3.86%), Sugar: 6.1g (6.78%), Cholesterol: 76.19mg (25.4%), Sodium: 816.64mg (35.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.84%), Selenium: 24.18µg (34.54%), Vitamin B3: 5.4mg (26.98%), Vitamin B1: 0.33mg (22.3%), Vitamin B6: 0.39mg (19.37%), Phosphorus: 189.76mg (18.98%), Potassium: 351.66mg (10.05%), Zinc: 1.46mg (9.72%), Vitamin B12: 0.57µg (9.45%), Vitamin B2: 0.15mg (8.86%), Vitamin B5: 0.66mg (6.58%), Copper: 0.11mg (5.69%), Magnesium: 19.47mg (4.87%), Manganese: 0.09mg (4.54%), Iron: 0.78mg (4.32%), Vitamin E: 0.52mg (3.5%), Vitamin D: 0.45µg (3.02%), Vitamin K: 1.9µg (1.81%), Fiber: 0.45g (1.8%), Vitamin C: 1.43mg (1.74%), Calcium: 16.91mg (1.69%), Vitamin A: 59.18IU (1.18%)