



## Braised Winter Greens with Bacon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 10 oz applewood-smoked bacon chopped
- ☐ 6 large garlic cloves peeled
- ☐ 6 pounds winter greens mixed such as swiss chard, mustard greens, and/or kale
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 2 cups chicken broth reduced-sodium
- ☐ 0.3 cup olive oil extra-virgin divided
- ☐ 2 tablespoons red-wine vinegar
- ☐ 2 tablespoons mustard seeds yellow

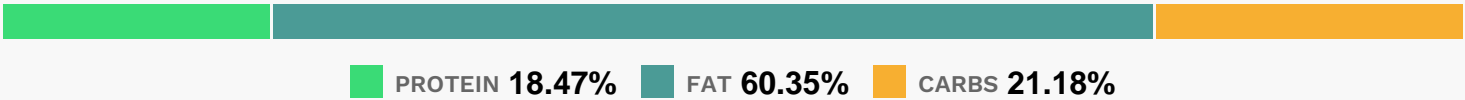
## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

## Directions

- ☐ In a large pot over medium heat, cook bacon, stirring often, until fat is rendered and bacon begins to brown, 10 minutes. With a slotted spoon, transfer bacon to paper towels to drain.
- ☐ Add 2 tbsp. olive oil and the garlic to pot; cook, stirring often, until garlic is golden, 3 to 5 minutes.
- ☐ Meanwhile, rinse greens and trim off ends.
- ☐ Cut out tough center ribs and slice ribs crosswise into 1-in. lengths; quarter the leaves.
- ☐ Add ribs to pot and cook, stirring often, until they begin to soften, 6 to 7 minutes. In batches, add leaves to pot, stirring until all are wilted.
- ☐ Add 1 3/4 cups chicken broth, the mustard seeds, and cooked bacon; cover and simmer until greens are tender to bite, 45 minutes to 1 hour, checking occasionally to make sure liquid hasn't completely evaporated; add more broth if it has.
- ☐ Drain greens (reserve liquid for other uses) and mound in a bowl. Stir in vinegar and salt and pepper to taste, then drizzle with remaining 2 tbsp. olive oil.

## Nutrition Facts



## Properties

Glycemic Index:11.75, Glycemic Load:1.82, Inflammation Score:-10, Nutrition Score:34.273478505404%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 55.11mg, Isorhamnetin: 55.11mg, Isorhamnetin: 55.11mg, Isorhamnetin: 55.11mg Kaempferol: 130.3mg, Kaempferol: 130.3mg, Kaempferol: 130.3mg, Kaempferol: 130.3mg

Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 29.98mg, Quercetin: 29.98mg, Quercetin: 29.98mg, Quercetin: 29.98mg

Nutrients (% of daily need)

Calories: 327.02kcal (16.35%), Fat: 23.61g (36.32%), Saturated Fat: 5.84g (36.51%), Carbohydrates: 18.64g (6.21%), Net Carbohydrates: 7.35g (2.67%), Sugar: 4.78g (5.31%), Cholesterol: 23.39mg (7.8%), Sodium: 321.53mg (13.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.25g (32.51%), Vitamin K: 882.12µg (840.11%), Vitamin C: 239.05mg (289.76%), Vitamin A: 10302.19IU (206.04%), Vitamin E: 8.1mg (54.03%), Fiber: 11.29g (45.18%), Potassium: 1459.43mg (41.7%), Calcium: 407.48mg (40.75%), Vitamin B6: 0.75mg (37.58%), Iron: 6.2mg (34.47%), Copper: 0.63mg (31.62%), Magnesium: 124.76mg (31.19%), Phosphorus: 292.71mg (29.27%), Vitamin B1: 0.4mg (26.45%), Vitamin B3: 5.1mg (25.51%), Vitamin B2: 0.43mg (25.32%), Selenium: 16.23µg (23.19%), Folate: 45.36µg (11.34%), Zinc: 1.52mg (10.16%), Vitamin B5: 0.95mg (9.48%), Manganese: 0.12mg (6.17%), Vitamin B12: 0.24µg (3.94%)