



Buckwheat and Bacon Side Dish

 **Gluten Free**  **Dairy Free**

READY IN



48 min.

SERVINGS



2

CALORIES



239 kcal

SIDE DISH

Ingredients

- 2 bacon strips chopped
- 0.3 cup roasted buckwheat groats uncooked
- 0.8 cup chicken stock see
- 0.3 cup flat-leaf parsley coarsely chopped
- 1 clove garlic minced
- 2 servings salt and coarsely ground pepper to taste
- 1 teaspoon olive oil
- 2 shallots finely chopped

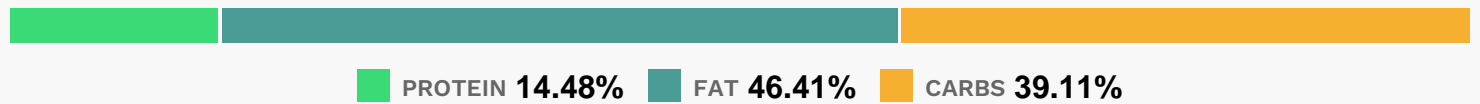
Equipment

sauce pan

Directions

- Heat the olive oil in a saucepan over medium heat. Stir in the shallots and garlic; cook until softened and light brown.
- Add the bacon pieces and buckwheat; cook and stir until the buckwheat turns orangeish brown, about 5 minutes.
- Add the stock and bring to a boil over medium-high heat. Reduce the heat to low and simmer gently until the liquid is absorbed and the buckwheat is tender, 13 to 15 minutes. Toss with the parsley, and season to taste with salt and pepper.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:8.05, Inflammation Score:-7, Nutrition Score:14.583043469035%

Flavonoids

Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 238.54kcal (11.93%), Fat: 12.65g (19.46%), Saturated Fat: 3.67g (22.91%), Carbohydrates: 23.98g (7.99%), Net Carbohydrates: 20.7g (7.53%), Sugar: 3.49g (3.88%), Cholesterol: 17.22mg (5.74%), Sodium: 477.24mg (20.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.88g (17.75%), Vitamin K: 165.61µg (157.72%), Vitamin B3: 3.99mg (19.95%), Manganese: 0.39mg (19.66%), Vitamin C: 15.95mg (19.33%), Vitamin A: 854.38IU (17.09%), Copper: 0.33mg (16.66%), Magnesium: 65.96mg (16.49%), Phosphorus: 152.81mg (15.28%), Vitamin B6: 0.27mg (13.59%), Fiber: 3.29g (13.15%), Selenium: 8.69µg (12.41%), Vitamin B2: 0.2mg (11.83%), Potassium: 380.79mg (10.88%), Iron: 1.71mg (9.47%), Vitamin B1: 0.14mg (9.35%), Folate: 34.62µg (8.66%), Zinc: 1.12mg (7.47%), Vitamin B5: 0.51mg (5.06%), Calcium: 33.53mg (3.35%), Vitamin E: 0.5mg (3.31%), Vitamin B12: 0.11µg (1.83%)