



Collard Greens Miniera



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



114 kcal

SIDE DISH

Ingredients



3 slices bacon finely chopped



1.3 lb collard greens halved lengthwise

Equipment



frying pan

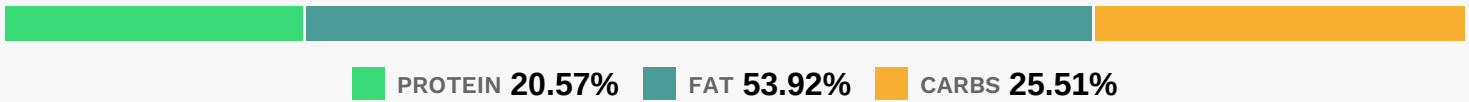


knife

Directions

- ☐
- Stack collard-leaf halves and roll crosswise into a cigar shape.
- ☐
- Cut crosswise into very thin slices (no thicker than 3/4 inch) with a sharp knife.
- ☐
- Cook bacon in a 12-inch nonstick skillet over moderate heat, stirring, until crisp.
- ☐
- Add collards, tossing to coat, and cook until just bright green, about 1 minute. Season with salt and serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:22.748260987842%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 12.39mg, Kaempferol: 12.39mg, Kaempferol: 12.39mg, Kaempferol: 12.39mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 114.16kcal (5.71%), Fat: 7.41g (11.41%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 7.89g (2.63%), Net Carbohydrates: 2.22g (0.81%), Sugar: 0.65g (0.72%), Cholesterol: 10.89mg (3.63%), Sodium: 133.33mg (5.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.73%), Vitamin K: 619.44µg (589.94%), Vitamin A: 7120.42IU (142.41%), Vitamin C: 50.04mg (60.65%), Manganese: 0.93mg (46.73%), Folate: 182.85µg (45.71%), Calcium: 329.68mg (32.97%), Fiber: 5.67g (22.68%), Vitamin E: 3.27mg (21.83%), Vitamin B6: 0.28mg (13.89%), Vitamin B2: 0.2mg (11.63%), Magnesium: 40.25mg (10.06%), Potassium: 334.59mg (9.56%), Vitamin B3: 1.72mg (8.58%), Vitamin B1: 0.12mg (8.14%), Selenium: 5.16µg (7.37%), Phosphorus: 59.2mg (5.92%), Vitamin B5: 0.47mg (4.7%), Iron: 0.73mg (4.08%), Copper: 0.07mg (3.61%), Zinc: 0.49mg (3.28%), Vitamin B12: 0.08µg (1.38%)