



Collard Greens with Bacon



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



6

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 4 strips thick- bacon sliced
- ☐ 1 small onion yellow chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 dashes several hot sauce
- ☐ 0.3 cup apple-cider vinegar

- ☐ 2 pounds collard greens sliced into 3-inch-wide strips (can substitute kale or chard)
- ☐ 1 cup chicken broth (or water)

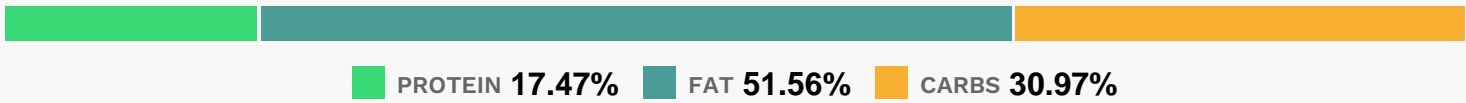
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat a large skillet on medium heat. Cook the bacon in the skillet until it just begins to brown around the edges, stirring occasionally.
- ☐ Add the onions and cook until they have softened and are just starting to brown.
- ☐ the garlic, salt, pepper, sugar and hot sauce. Cook until the garlic becomes fragrant, about a minute.
- ☐ Add the vinegar, bring to a simmer, and cook until the amount of liquid is reduced by half, stirring and scraping up any browned bits from the bottom of the pot.
- ☐ Add the collard greens and the chicken broth (or water) and bring to a simmer. Reduce the temp to medium-low. Cook, stirring occasionally, until the collard greens have wilted and have lost their brightness.
- ☐ Season to taste with additional vinegar and hot sauce.
- ☐ Serve with some of the pan juices from the pan.

Nutrition Facts



Properties

Glycemic Index:33.18, Glycemic Load:3.18, Inflammation Score:-10, Nutrition Score:24.894347776537%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 13.29mg, Kaempferol: 13.29mg, Kaempferol: 13.29mg, Kaempferol: 13.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 174.88kcal (8.74%), Fat: 10.57g (16.25%), Saturated Fat: 3.29g (20.55%), Carbohydrates: 14.28g (4.76%),
Net Carbohydrates: 7.97g (2.9%), Sugar: 5.4g (6%), Cholesterol: 16.62mg (5.54%), Sodium: 719.12mg (31.27%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.11%), Vitamin K: 661.07µg (629.59%), Vitamin A:
7599.53IU (151.99%), Vitamin C: 54.56mg (66.13%), Manganese: 1.09mg (54.73%), Folate: 197.32µg (49.33%),
Calcium: 359.75mg (35.98%), Fiber: 6.31g (25.24%), Vitamin E: 3.54mg (23.61%), Vitamin B6: 0.34mg (17.01%),
Vitamin B2: 0.24mg (14.38%), Potassium: 407.33mg (11.64%), Magnesium: 46.31mg (11.58%), Vitamin B3: 2.2mg
(10.98%), Vitamin B1: 0.16mg (10.91%), Selenium: 7.19µg (10.27%), Phosphorus: 79.9mg (7.99%), Vitamin B5: 0.56mg
(5.63%), Iron: 0.92mg (5.11%), Copper: 0.1mg (4.83%), Zinc: 0.67mg (4.45%), Vitamin B12: 0.13µg (2.13%)