



WHATSheATE



Collard Greens with Guanciale and Chiles



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



348 kcal

SIDE DISH

Ingredients

- ☐ 1 small chile such as arbol dried
- ☐ 2 calabrian chiles packed in oil and vinegar or pickled piquillo peppers, thinly sliced
- ☐ 2 pounds collard greens
- ☐ 2 garlic cloves peeled smashed
- ☐ 7 oz guanciale thick-cut cut into 1/2-in. dice
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon pepper

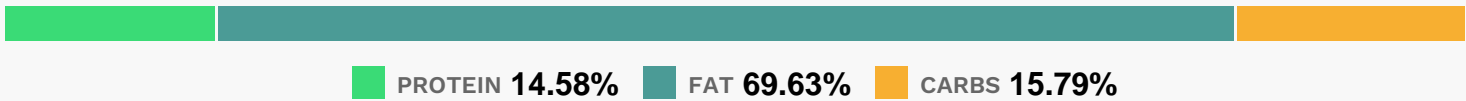
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Bring guanciale and 3 cups water to a boil in a small saucepan, then cook at a rapid simmer 10 minutes (5 minutes if using bacon) to render some fat.
- ☐ Drain, reserving 2 cups water. Blot guanciale dry.
- ☐ Boil collard greens gently in a large pot filled three-quarters full of water until tender, 18 to 20 minutes.
- ☐ Drain, rinse with cool water, and drain again. Coarsely chop.
- ☐ Cook garlic in oil in a large frying pan over medium-low heat until sizzling, 2 to 3 minutes.
- ☐ Add guanciale; cook 2 minutes, then transfer garlic to paper towels. Continue cooking guanciale, stirring often with a long-handled spoon (it may spatter), until crisp, 6 to 10 minutes. With a slotted spoon, transfer to paper towels.
- ☐ Break arbol chile in half, add to oil in pan, and toast until puffed, 1 minute.
- ☐ Add greens, reserved garlic, and salt and pepper and stir until coated.
- ☐ Add reserved cooking liquid and cook over medium-high heat until most of liquid evaporates but greens are still juicy, 10 to 15 minutes.
- ☐ Stir in guanciale. Spoon greens into a dish and scatter Calabrian chiles on top.
- ☐ *Find guanciale and Calabrian chiles on amazon.com or from an Italian deli or grocer.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:33.352173903714%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 19.83mg, Kaempferol: 19.83mg, Kaempferol: 19.83mg, Kaempferol: 19.83mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg

Nutrients (% of daily need)

Calories: 348.04kcal (17.4%), Fat: 28.09g (43.22%), Saturated Fat: 7.69g (48.07%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 5.17g (1.88%), Sugar: 1.36g (1.51%), Cholesterol: 32.74mg (10.91%), Sodium: 540.36mg (23.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.23g (26.46%), Vitamin K: 995.68µg (948.27%), Vitamin A: 11535.19IU (230.7%), Vitamin C: 86.57mg (104.93%), Manganese: 1.54mg (77.01%), Folate: 292.7µg (73.17%), Calcium: 532.13mg (53.21%), Vitamin E: 6.35mg (42.36%), Fiber: 9.17g (36.68%), Vitamin B6: 0.53mg (26.31%), Vitamin B2: 0.34mg (19.91%), Selenium: 13.14µg (18.78%), Vitamin B3: 3.7mg (18.5%), Vitamin B1: 0.26mg (17.51%), Magnesium: 67.89mg (16.97%), Potassium: 591.42mg (16.9%), Phosphorus: 130.83mg (13.08%), Vitamin B5: 0.89mg (8.93%), Iron: 1.53mg (8.53%), Zinc: 1.08mg (7.21%), Copper: 0.13mg (6.59%), Vitamin B12: 0.25µg (4.13%), Vitamin D: 0.2µg (1.32%)