



Collard Greens with Red Onions and Bacon

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

READY IN



45 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper dried red hot to taste
- 0.3 cup apple cider vinegar
- 3 cups onion red chopped
- 1.3 cups chicken broth
- 2 tablespoons t brown sugar dark packed to taste
- 0.5 pound bacon sliced

Equipment

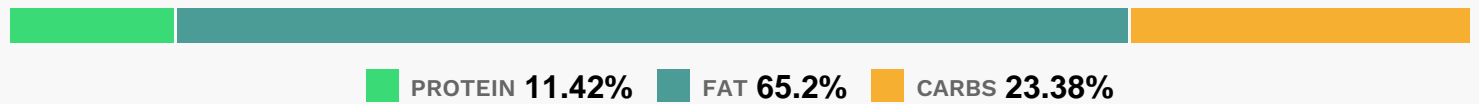
- bowl

- paper towels
- slotted spoon

Directions

- In a deep heavy kettle cook bacon in 2 batches over moderate heat until crisp and transfer to paper towels to drain.
- Pour off all but about 3 tablespoons drippings and in drippings remaining in kettle cook onions, stirring occasionally, until browned slightly and softened.
- Transfer onions with a slotted spoon to a bowl.
- To kettle add broth, vinegar, brown sugar, red pepper flakes, and about half of bacon, stirring until sugar is dissolved.
- Add about half of collards, tossing until wilted slightly, and add remaining collards, tossing until combined. Simmer collards, covered, 30 minutes. Stir in onions and simmer, covered, 30 minutes more, or until collards are very tender.
- Serve collards topped with remaining bacon.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:1.27, Inflammation Score:-3, Nutrition Score:3.6317391538102%

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: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg

Nutrients (% of daily need)

Calories: 157.74kcal (7.89%), Fat: 11.41g (17.55%), Saturated Fat: 3.8g (23.77%), Carbohydrates: 9.2g (3.07%), Net Carbohydrates: 8.14g (2.96%), Sugar: 5.65g (6.28%), Cholesterol: 19.45mg (6.48%), Sodium: 329.56mg (14.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.99%), Selenium: 6.21µg (8.88%), Vitamin B1: 0.11mg (7.59%), Vitamin B6: 0.15mg (7.56%), Vitamin B3: 1.31mg (6.54%), Phosphorus: 60.78mg (6.08%), Manganese: 0.12mg (6%), Vitamin C: 4.44mg (5.38%), Potassium: 162.22mg (4.63%), Fiber: 1.06g (4.25%), Vitamin B2: 0.06mg

(3.65%), Zinc: 0.47mg (3.14%), Folate: 11.47 μ g (2.87%), Magnesium: 10.6mg (2.65%), Vitamin B12: 0.15 μ g (2.48%), Vitamin B5: 0.24mg (2.4%), Copper: 0.04mg (2.2%), Calcium: 20.11mg (2.01%), Iron: 0.33mg (1.81%), Vitamin E: 0.2mg (1.31%)