



Collard Salad with Roasted Tomatoes, Bacon, and Mushrooms



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 4 servings pepper black freshly ground
- ☐ 1 pint cherry tomatoes
- ☐ 10 cup de-ribbed and collard greens rinsed drained chopped
- ☐ 2 cups cremini mushrooms sliced baby bella
- ☐ 2 large garlic cloves minced
- ☐ 4 servings kosher salt

- ☐ 8 teaspoons olive oil extra-virgin divided
- ☐ 3 slices turkey-bacon cut into slivers

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 400.
- ☐ Place tomatoes in a medium glass baking dish lightly coated with cooking spray.
- ☐ Drizzle with 2 teaspoons oil and a pinch each salt and pepper.
- ☐ Bake at 400 for 15 minutes, until tomatoes are hot and skins are wrinkled. Cover with foil; set aside.
- ☐ Place 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add mushrooms, and sprinkle with a pinch each salt and pepper. Saut just until mushrooms are tender and golden brown, about 5 to 8 minutes.
- ☐ Transfer to a plate, and keep warm.
- ☐ Add 2 teaspoons oil to the same skillet over medium-high heat, along with half of garlic and half of bacon; saut 30 seconds.
- ☐ Add half of collard greens, and stir-fry just until greens are wilted; transfer to a large metal bowl. Repeat with remaining 2 teaspoons oil, garlic, and bacon, and saut briefly before adding remaining greens. Stir-fry just until greens are wilted; add to bowl.
- ☐ Add tomatoes and mushrooms to the bowl with greens.
- ☐ Pour vinegar into skillet (be careful of fumes); simmer 30 seconds.
- ☐ Drizzle over salad, and lightly toss along with salt and pepper to taste.
- ☐ Serve warm.

Nutrition Facts



 **PROTEIN 12.88%**  **FAT 63.72%**  **CARBS 23.4%**

Properties

Glycemic Index:28, Glycemic Load:0.49, Inflammation Score:-10, Nutrition Score:25.561304307502%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 203.54kcal (10.18%), Fat: 15.27g (23.5%), Saturated Fat: 3.37g (21.08%), Carbohydrates: 12.62g (4.21%), Net Carbohydrates: 7.92g (2.88%), Sugar: 4.59g (5.1%), Cholesterol: 10.89mg (3.63%), Sodium: 334.85mg (14.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.9%), Vitamin K: 401.62µg (382.49%), Vitamin A: 5102.34IU (102.05%), Vitamin C: 59.21mg (71.77%), Manganese: 0.81mg (40.65%), Folate: 140.54µg (35.14%), Vitamin E: 3.93mg (26.17%), Calcium: 233.56mg (23.36%), Selenium: 14.66µg (20.94%), Vitamin B2: 0.33mg (19.68%), Fiber: 4.7g (18.8%), Potassium: 655.47mg (18.73%), Vitamin B6: 0.34mg (17.22%), Vitamin B3: 3.34mg (16.7%), Copper: 0.32mg (16.2%), Phosphorus: 125.8mg (12.58%), Vitamin B1: 0.17mg (11.6%), Vitamin B5: 1.03mg (10.35%), Magnesium: 41.2mg (10.3%), Iron: 1.55mg (8.61%), Zinc: 0.97mg (6.45%), Vitamin B12: 0.12µg (1.98%)