

food
network



HEALTH SCORE

62%

Creamy Collard Greens and Bacon



Very Healthy

READY IN



135 min.

SERVINGS



8

CALORIES



553 kcal

SIDE DISH

Ingredients

- ☐ 4 ounces smoky bacon sliced
- ☐ 0.8 cup coarse bread crumbs dry
- ☐ 8 servings butter for greasing dish
- ☐ 8 pounds collard greens
- ☐ 3 large eggs lightly beaten
- ☐ 1 garlic clove minced
- ☐ 2 cups heavy cream
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 2 large onions chopped
- ☐ 0.3 cup parmesan freshly grated
- ☐ 1 tablespoon parsley leaves minced
- ☐ 1 teaspoon sage leaves minced
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 2 cups water

Equipment

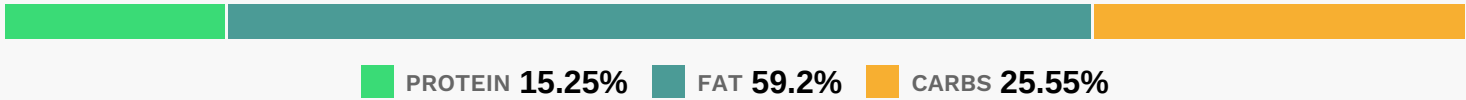
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ broiler
- ☐ cutting board

Directions

- ☐ In a large stockpot, add the water and bacon and bring to a boil over high heat.
- ☐ Add the collard greens by handfuls, stirring until each batch is wilted before adding more. Bring to a boil and add the onions. Cover and simmer over moderate heat until the collards are very tender, about 40 minutes.
- ☐ Remove from the heat and let cool, then squeeze the water out of the collards until almost dry.
- ☐ Place collards on a cutting board and coarsely chop.
- ☐ Meanwhile, in a food processor, combine the dry bread crumbs with the Parmesan, minced parsley, sage, garlic and extra-virgin olive oil. Pulse until just blended.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Generously butter a shallow 4-quart casserole. In a large bowl, mix the collards with the cream and season with salt and pepper. Stir in the eggs until blended and spread the collards into the prepared casserole. Cover with foil and bake for 30 minutes.

- ☐
- Remove from the oven and sprinkle the Parmesan crumbs over the collards. Return to the oven and bake for about 20 minutes longer, or until the crumb topping is golden. Preheat the broiler and broil the collards 10 inches from the heat until the bread crumb topping is golden brown and crisp.
- ☐
- Serve hot. Tastes great with fried chicken.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.85, Inflammation Score:-10, Nutrition Score:49.625217520672%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 39.9mg, Kaempferol: 39.9mg, Kaempferol: 39.9mg, Kaempferol: 39.9mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 19.28mg, Quercetin: 19.28mg, Quercetin: 19.28mg, Quercetin: 19.28mg

Nutrients (% of daily need)

Calories: 553.29kcal (27.66%), Fat: 38.86g (59.79%), Saturated Fat: 19.88g (124.23%), Carbohydrates: 37.75g (12.58%), Net Carbohydrates: 18.44g (6.71%), Sugar: 6.15g (6.83%), Cholesterol: 159.22mg (53.07%), Sodium: 374.83mg (16.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.52g (45.05%), Vitamin K: 1994.8µg (1899.81%), Vitamin A: 23939.75IU (478.8%), Vitamin C: 164.03mg (198.83%), Manganese: 3.18mg (158.94%), Folate: 615.44µg (153.86%), Calcium: 1173.41mg (117.34%), Fiber: 19.3g (77.22%), Vitamin E: 11.45mg (76.35%), Copper: 1.05mg (52.33%), Vitamin B2: 0.86mg (50.77%), Vitamin B6: 0.9mg (45.22%), Magnesium: 141.7mg (35.42%), Potassium: 1161.97mg (33.2%), Selenium: 19.84µg (28.34%), Vitamin B1: 0.42mg (28.14%), Phosphorus: 257.03mg (25.7%), Vitamin B3: 4.72mg (23.62%), Vitamin B5: 1.86mg (18.56%), Iron: 3.26mg (18.09%), Zinc: 1.83mg (12.18%), Vitamin D: 1.4µg (9.33%), Vitamin B12: 0.41µg (6.91%)