



## Greens & Grains

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

READY IN



45 min.

SERVINGS



45

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 Tbsp heinz apple cider vinegar
- 6 slices oscar mayer natural uncured bacon smoked chopped
- 1 bay leaf
- 1 carrots chopped
- 1 stalk celery chopped
- 1.3 cups chicken broth fat-free reduced-sodium
- 4 sprigs thyme leaves fresh
- 0.3 tsp ground pepper black

- 20 oz kale stemmed coarsely chopped
- 0.8 cup onions chopped
- 0.7 cup quinoa uncooked

## Equipment

- frying pan
- paper towels
- slotted spoon
- dutch oven

## Directions

- Cook and stir bacon in Dutch oven or large deep skillet until crisp.
- Remove bacon from pan with slotted spoon, reserving 1 Tbsp. drippings in pan.
- Drain bacon on paper towels.
- Add onions, carrots, celery, thyme, bay leaf and pepper to drippings in pan; cook 5 min., stirring occasionally. Stir in broth and quinoa.
- Add kale; cover. Simmer on medium-low heat 20 to 30 min. or until quinoa is tender, stirring occasionally. Discard bay leaf and thyme stems.
- Stir in bacon and vinegar.

## Nutrition Facts



**PROTEIN 16.27%** **FAT 47.16%** **CARBS 36.57%**

## Properties

Glycemic Index:5.66, Glycemic Load:0.12, Inflammation Score:-8, Nutrition Score:5.8682608779358%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 3.11mg, Isorhamnetin: 3.11mg, Isorhamnetin: 3.11mg, Isorhamnetin: 3.11mg Kaempferol: 5.92mg, Kaempferol: 5.92mg, Kaempferol: 5.92mg, Kaempferol: 5.92mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

## Nutrients (% of daily need)

Calories: 28.19kcal (1.41%), Fat: 1.53g (2.35%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 1.86g (0.67%), Sugar: 0.3g (0.34%), Cholesterol: 1.94mg (0.65%), Sodium: 55.53mg (2.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.37%), Vitamin K: 49.61µg (47.25%), Vitamin A: 1495.08IU (29.9%), Vitamin C: 12.22mg (14.81%), Manganese: 0.15mg (7.32%), Calcium: 35.49mg (3.55%), Folate: 13.64µg (3.41%), Vitamin B2: 0.06mg (3.41%), Fiber: 0.81g (3.22%), Magnesium: 10.26mg (2.57%), Phosphorus: 25.03mg (2.5%), Vitamin B1: 0.03mg (2.28%), Vitamin B6: 0.05mg (2.28%), Potassium: 77.58mg (2.22%), Iron: 0.37mg (2.05%), Vitamin B3: 0.36mg (1.82%), Selenium: 1.08µg (1.55%), Copper: 0.03mg (1.34%), Zinc: 0.17mg (1.16%), Vitamin E: 0.17mg (1.13%)