



Kale with Garlic and Bacon



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pounds bacon cut into 1/2-inch pieces
- ☐ 4 garlic cloves finely chopped
- ☐ 2.5 pounds kale (4 bunches)
- ☐ 2 cups water

Equipment

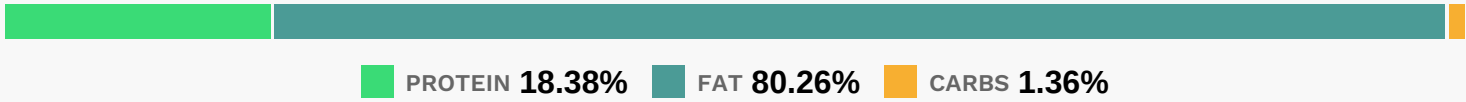
- ☐ paper towels
- ☐ knife
- ☐ pot

- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Stack a few kale leaves and roll lengthwise into a cigar shape.
- ☐ Cut crosswise into 1/4-inch-wide strips with a sharp knife. Repeat with remaining leaves.
- ☐ Cook bacon in a wide 6- to 8-quart heavy pot over moderate heat, stirring occasionally, until crisp, then transfer with a slotted spoon to paper towels to drain.
- ☐ Pour off and discard all but 3 tablespoons fat from pot, then cook garlic in remaining fat over moderately low heat, stirring, until pale golden, about 30 seconds.
- ☐ Add kale (pot will be full) and cook, turning with tongs, until wilted and bright green, about 1 minute.
- ☐ Add water and simmer, partially covered, until just tender, 6 to 10 minutes. Toss with bacon and salt and pepper to taste.
- ☐ Large kale leaves are easier to cut in the manner described in this recipe. If all you can find are small leaves, just coarsely chop them.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:12.483913095101%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 579.71kcal (28.99%), Fat: 51.54g (79.3%), Saturated Fat: 21.69g (135.57%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.93g (0.7%), Sugar: 0.01g (0.02%), Cholesterol: 125.02mg (41.67%), Sodium: 266.01mg (11.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.57g (53.13%), Selenium: 30.15µg (43.07%), Vitamin B12: 2.34µg (38.98%), Zinc: 5.82mg (38.77%), Vitamin B3: 6.55mg (32.74%), Vitamin B6: 0.62mg (30.78%), Phosphorus: 213.22mg (21.32%), Vitamin B2: 0.32mg (18.96%), Iron: 2.45mg (13.62%), Vitamin B1: 0.19mg (12.5%), Potassium: 371.16mg (10.6%), Magnesium: 28.47mg (7.12%), Copper: 0.11mg (5.55%), Vitamin D: 0.4µg (2.65%), Vitamin K:

2.15µg (2.05%), Calcium: 20.08mg (2.01%), Vitamin B5: 0.17mg (1.66%), Manganese: 0.03mg (1.41%), Folate: 4.3µg (1.07%)