



## Kale with Roasted Beets and Bacon



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

### Ingredients

- ☐ 4 tablespoons apple cider vinegar
- ☐ 8 ounces applewood-smoked bacon diced thick-cut
- ☐ 14 ounces beets
- ☐ 1.5 pounds kale washed stemmed cut into 1-inch pieces
- ☐ 6 servings kosher salt and freshly cracked pepper black
- ☐ 0.3 cup chicken stock see low-sodium
- ☐ 1 tablespoon olive oil

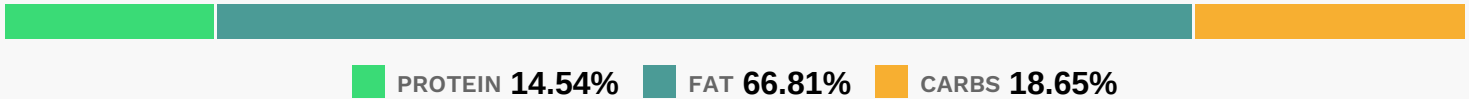
### Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F.
- ☐ Wash and trim the beets, removing both ends.
- ☐ Place them on a 12-inch square sheet of heavy-duty aluminum foil.
- ☐ Drizzle with the olive oil and season generously with salt and pepper. Seal up the foil packet and roast until the beets are fork-tender, about 1 hour.
- ☐ In a large skillet over medium heat, cook the bacon until medium-crisp (or however you prefer your bacon).
- ☐ Transfer the bacon to a paper towel-lined plate. Increase the heat to high and add the kale, stirring to coat in the rendered bacon grease. Cover and cook for a few minutes, and then add the chicken stock and 2 tablespoons of the vinegar. Stir to combine, cover and allow to wilt for 6 to 8 minutes.
- ☐ Peel and cut the beets into chunks and add them to the kale. Stir in the remaining 2 tablespoons vinegar.
- ☐ Add the bacon, stir to combine and season with salt and pepper.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:22.67, Glycemic Load:3.02, Inflammation Score:-10, Nutrition Score:27.168695688248%

## Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg Kaempferol: 53.07mg, Kaempferol: 53.07mg, Kaempferol: 53.07mg, Kaempferol: 53.07mg

53.07mg, Kaempferol: 53.07mg Quercetin: 25.69mg, Quercetin: 25.69mg, Quercetin: 25.69mg, Quercetin: 25.69mg

Nutrients (% of daily need)

Calories: 250.58kcal (12.53%), Fat: 19.22g (29.56%), Saturated Fat: 5.59g (34.94%), Carbohydrates: 12.07g (4.02%), Net Carbohydrates: 5.57g (2.02%), Sugar: 5.44g (6.04%), Cholesterol: 24.95mg (8.32%), Sodium: 560.2mg (24.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.82%), Vitamin K: 443.79µg (422.66%), Vitamin A: 11364.29IU (227.29%), Vitamin C: 109.16mg (132.31%), Manganese: 0.99mg (49.72%), Folate: 142.41µg (35.6%), Calcium: 301.87mg (30.19%), Vitamin B2: 0.45mg (26.74%), Fiber: 6.5g (26.01%), Potassium: 703.09mg (20.09%), Vitamin B1: 0.25mg (16.86%), Vitamin B3: 3.26mg (16.29%), Vitamin B6: 0.31mg (15.64%), Phosphorus: 147.99mg (14.8%), Magnesium: 57.81mg (14.45%), Iron: 2.56mg (14.23%), Selenium: 9.09µg (12.99%), Vitamin E: 1.27mg (8.49%), Zinc: 1.14mg (7.58%), Copper: 0.13mg (6.66%), Vitamin B5: 0.42mg (4.16%), Vitamin B12: 0.2µg (3.37%), Vitamin D: 0.15µg (1.01%)