



Mustard Greens with Chipotle and Bacon



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 4 bacon
- ☐ 1 teaspoon chipotles in adobo canned minced
- ☐ 2.8 pounds mustard greens (2 to 3 bunches)
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon salt

Equipment

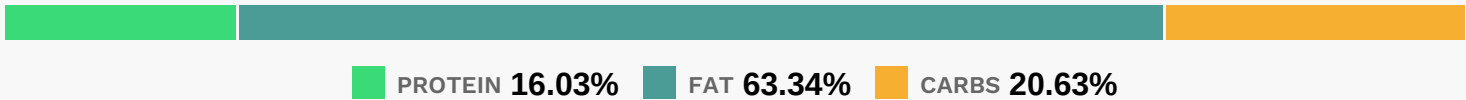
- ☐ bowl
- ☐ frying pan

- ☐ paper towels
- ☐ pot
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Coarsely chop greens, then cook in 2 batches in a 6- to 8-quart pot of boiling salted water, uncovered, stirring occasionally, until wilted and tender, about 5 minutes.
- ☐ Transfer with a slotted spoon to a large bowl of cold water to stop cooking.
- ☐ Drain greens in a colander, pressing gently to release excess moisture.
- ☐ Cook bacon in a 12-inch heavy skillet over moderate heat, stirring, until crisp, 4 to 5 minutes.
- ☐ Transfer with a slotted spoon to paper towels to drain, reserving fat in skillet.
- ☐ Add oil, chipotle, greens, and salt to fat and cook, stirring occasionally, until heated through, 2 to 3 minutes.
- ☐ Transfer to a serving dish and sprinkle with bacon.
- ☐ Greens can be boiled 1 day ahead and chilled in a sealed plastic bag.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:18.823913099163%

Flavonoids

Isorhamnetin: 20.21mg, Isorhamnetin: 20.21mg, Isorhamnetin: 20.21mg, Isorhamnetin: 20.21mg Kaempferol: 47.77mg, Kaempferol: 47.77mg, Kaempferol: 47.77mg, Kaempferol: 47.77mg Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg

Nutrients (% of daily need)

Calories: 107.84kcal (5.39%), Fat: 8.22g (12.64%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 1.98g (0.72%), Sugar: 1.68g (1.87%), Cholesterol: 5.81mg (1.94%), Sodium: 199.57mg (8.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Vitamin K: 324.35µg (308.91%), Vitamin C:

87.32mg (105.84%), Vitamin A: 3775.36IU (75.51%), Vitamin E: 3.15mg (21%), Fiber: 4.04g (16.17%), Calcium: 144mg (14.4%), Potassium: 496.48mg (14.19%), Vitamin B6: 0.25mg (12.4%), Iron: 2.12mg (11.77%), Copper: 0.21mg (10.48%), Magnesium: 40.98mg (10.24%), Phosphorus: 85.02mg (8.5%), Vitamin B2: 0.14mg (8.49%), Vitamin B1: 0.12mg (8.27%), Vitamin B3: 1.35mg (6.76%), Selenium: 2.89µg (4.13%), Folate: 14.97µg (3.74%), Vitamin B5: 0.31mg (3.11%), Zinc: 0.42mg (2.77%)