



## Nana's Collard Greens

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

READY IN



45 min.

SERVINGS



8

CALORIES



136 kcal

SIDE DISH

### Ingredients

- 4 slices bacon
- 2 tablespoons balsamic vinegar
- 1 large carrots chopped
- 4 pound collard greens fresh washed trimmed chopped
- 1.5 cups chicken broth fat-free low-sodium,
- 2 garlic cloves minced
- 1 large onion chopped
- 0.3 teaspoon pepper

0.5 teaspoon pepper flakes dried red

0.5 teaspoon salt

## Equipment

paper towels

dutch oven

## Directions

Cook bacon slices in a Dutch oven until crisp.

Remove bacon, and drain on paper towels, reserving 2 tablespoons drippings. Crumble bacon.

Cook carrot in hot bacon drippings in Dutch oven over medium-high heat, stirring occasionally, 5 minutes.

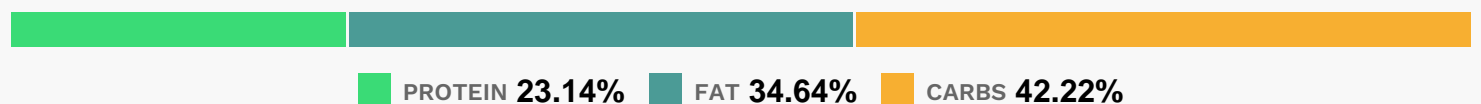
Add onion, and cook, stirring occasionally, 5 minutes or until carrot and onion begin to caramelize.

Add garlic; cook, stirring constantly, 30 seconds.

Add balsamic vinegar, and cook 30 seconds.

Add collards, crumbled bacon, broth, and remaining ingredients. Bring to a boil; cover, reduce heat, and simmer 1 hour or until collards are tender.

## Nutrition Facts



## Properties

Glycemic Index:23.23, Glycemic Load:1.09, Inflammation Score:-10, Nutrition Score:31.585217466821%

## Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 19.97mg, Kaempferol: 19.97mg, Kaempferol: 19.97mg, Kaempferol: 19.97mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.67mg, Quercetin: 9.67mg, Quercetin: 9.67mg, Quercetin: 9.67mg

## Nutrients (% of daily need)

Calories: 136.48kcal (6.82%), Fat: 5.89g (9.05%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 16.14g (5.38%), Net Carbohydrates: 6.42g (2.33%), Sugar: 2.94g (3.27%), Cholesterol: 7.26mg (2.42%), Sodium: 440.87mg (19.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.7%), Vitamin K: 992.61µg (945.34%), Vitamin A: 12928.36IU (258.57%), Vitamin C: 82.21mg (99.65%), Manganese: 1.56mg (78.18%), Folate: 298.33µg (74.58%), Calcium: 538.92mg (53.89%), Fiber: 9.72g (38.87%), Vitamin E: 5.28mg (35.23%), Vitamin B6: 0.46mg (22.82%), Vitamin B2: 0.33mg (19.12%), Magnesium: 66.9mg (16.72%), Potassium: 584.59mg (16.7%), Vitamin B3: 2.49mg (12.47%), Vitamin B1: 0.17mg (11.48%), Selenium: 6.33µg (9.05%), Phosphorus: 88.19mg (8.82%), Vitamin B5: 0.77mg (7.72%), Iron: 1.31mg (7.26%), Copper: 0.13mg (6.69%), Zinc: 0.69mg (4.58%), Vitamin B12: 0.14µg (2.34%)