



Quick Collards

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



6

CALORIES



41 kcal

SIDE DISH

Ingredients

- 2 slices bacon chopped
- 5.5 cups collard greens trimmed thinly sliced (7 leaves)
- 0.3 teaspoon kosher salt
- 2 tablespoons water

Equipment

- frying pan
- tongs

Directions

- Cook bacon in a large skillet over medium-high heat 5 minutes or until crisp, stirring occasionally.
- Add collards, 2 tablespoons water, and salt; cook 3 minutes, turning with tongs until greens wilt.
- Serve with hot sauce, if desired.

Nutrition Facts

PROTEIN 17.79% **FAT 64.79%** **CARBS 17.42%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:9.2800000186848%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 41.14kcal (2.06%), Fat: 3.11g (4.79%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 1.88g (0.63%), Net Carbohydrates: 0.56g (0.2%), Sugar: 0.15g (0.17%), Cholesterol: 4.84mg (1.61%), Sodium: 151.3mg (6.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Vitamin K: 144.21µg (137.34%), Vitamin A: 1658.98IU (33.18%), Vitamin C: 11.65mg (14.12%), Manganese: 0.22mg (10.91%), Folate: 42.57µg (10.64%), Calcium: 77.14mg (7.71%), Fiber: 1.32g (5.28%), Vitamin E: 0.78mg (5.18%), Vitamin B6: 0.07mg (3.7%), Vitamin B2: 0.05mg (2.87%), Selenium: 1.9µg (2.72%), Vitamin B3: 0.54mg (2.7%), Vitamin B1: 0.04mg (2.54%), Magnesium: 9.84mg (2.46%), Potassium: 84.83mg (2.42%), Phosphorus: 18.81mg (1.88%), Vitamin B5: 0.13mg (1.29%), Zinc: 0.16mg (1.04%), Iron: 0.19mg (1.03%)