



 **61%**
HEALTH SCORE

Quick Kale with Bacon and Onions

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



6

CALORIES



53 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black
- 2 bacon crumbled cooked
- 0.1 teaspoon pepper red crushed
- 0.5 cup less-sodium chicken broth fat-free divided
- 10 cup kale divided chopped
- 6 lemon wedges
- 2 teaspoons olive oil
- 1 cup onion chopped

0.3 teaspoon salt

Equipment

frying pan

dutch oven

Directions

Heat oil in a Dutch oven over medium-high heat.

Add onion to pan; saut 6 minutes or until onion is tender and begins to brown.

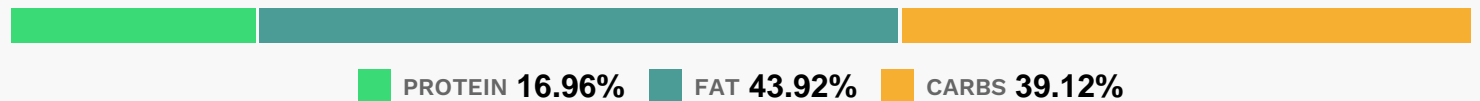
Add 5 cups kale, 1/4 cup broth, salt, and peppers to pan. Cover, reduce heat, and cook 4 minutes.

Add remaining 5 cups kale and remaining 1/4 cup broth to pan. Cover and cook 16 minutes or until tender, stirring occasionally.

Sprinkle with bacon.

Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:19.42, Glycemic Load:0.89, Inflammation Score:-10, Nutrition Score:13.927391428338%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 9.6mg, Isorhamnetin: 9.6mg, Isorhamnetin: 9.6mg, Isorhamnetin: 9.6mg Kaempferol: 16.56mg, Kaempferol: 16.56mg, Kaempferol: 16.56mg, Kaempferol: 16.56mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 13.52mg, Quercetin: 13.52mg, Quercetin: 13.52mg, Quercetin: 13.52mg

Nutrients (% of daily need)

Calories: 53.38kcal (2.67%), Fat: 2.91g (4.48%), Saturated Fat: 0.59g (3.66%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 3.42g (1.24%), Sugar: 1.89g (2.1%), Cholesterol: 2.64mg (0.88%), Sodium: 239.76mg (10.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Vitamin K: 137.52µg (130.97%), Vitamin A:

3514.56IU (70.29%), Vitamin C: 44.2mg (53.58%), Manganese: 0.28mg (13.97%), Calcium: 101.16mg (10.12%), Fiber: 2.42g (9.67%), Vitamin B2: 0.14mg (8.4%), Folate: 28.95µg (7.24%), Potassium: 205.95mg (5.88%), Vitamin B6: 0.12mg (5.79%), Vitamin B1: 0.08mg (5.03%), Iron: 0.8mg (4.42%), Vitamin B3: 0.85mg (4.26%), Phosphorus: 42.48mg (4.25%), Magnesium: 16.81mg (4.2%), Selenium: 2.3µg (3.28%), Vitamin E: 0.48mg (3.22%), Copper: 0.04mg (2.15%), Zinc: 0.28mg (1.87%), Vitamin B5: 0.15mg (1.52%), Vitamin B12: 0.07µg (1.12%)