



Quick Southern Collards



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



264 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 8 ounces bacon chopped
- ☐ 1 bunches collard greens washed chopped
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 bell pepper diced red
- ☐ 1 teaspoon pepper flakes red crushed

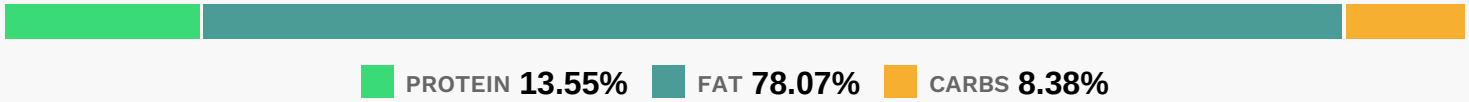
Equipment

- ☐ frying pan

Directions

- ☐ Place the bacon in cold 12-inch skillet.
- ☐ Heat the pan over medium heat and cook until the bacon is crispy and the fat is rendered. Once crispy, set aside on a paper-towel-lined plate. To the leftover bacon fat, add the red pepper and cook until softened, 5 to 7 minutes.
- ☐ Stack the leaves of collards and roll tightly into a cigar shape. Then chop away.
- ☐ Add the collards to the pan along with the apple cider vinegar, red pepper flakes and some salt and pepper and cook until tender, but still bright green, 4 to 5 minutes. Adjust the seasoning if necessary. Toss with the reserved crispy bacon and serve.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.44, Inflammation Score:-10, Nutrition Score:18.736086803934%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 4.16mg, Kaempferol: 4.16mg, Kaempferol: 4.16mg, Kaempferol: 4.16mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 264.17kcal (13.21%), Fat: 22.96g (35.32%), Saturated Fat: 7.6g (47.48%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 2.82g (1.03%), Sugar: 1.56g (1.74%), Cholesterol: 37.42mg (12.47%), Sodium: 393.58mg (17.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.96g (17.92%), Vitamin K: 209.72µg (199.74%), Vitamin A: 3485.27IU (69.71%), Vitamin C: 54.85mg (66.49%), Manganese: 0.41mg (20.53%), Folate: 75.12µg (18.78%), Selenium: 12.17µg (17.38%), Vitamin B6: 0.33mg (16.33%), Vitamin B3: 2.98mg (14.92%), Vitamin B1: 0.2mg (13.3%), Vitamin E: 1.98mg (13.19%), Calcium: 118.26mg (11.83%), Fiber: 2.72g (10.9%), Phosphorus: 104.11mg (10.41%), Potassium: 298.2mg (8.52%), Vitamin B2: 0.14mg (8.11%), Magnesium: 24.86mg (6.22%), Zinc: 0.87mg (5.81%), Vitamin B5: 0.54mg (5.42%), Vitamin B12: 0.28µg (4.72%), Iron: 0.71mg (3.94%), Copper: 0.06mg (2.91%), Vitamin D: 0.23µg (1.51%)