



Short-Cut Collard Greens



Gluten Free



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 2 slices canadian bacon
- ☐ 1 tablespoon cider vinegar
- ☐ 1.3 pounds collard greens
- ☐ 0.8 cup chicken broth low-sodium
- ☐ 1 tablespoon maple syrup
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion chopped
- ☐ 0.1 teaspoon pepper flakes red hot

- ☐ 4 servings salt
- ☐ 1 tablespoon water

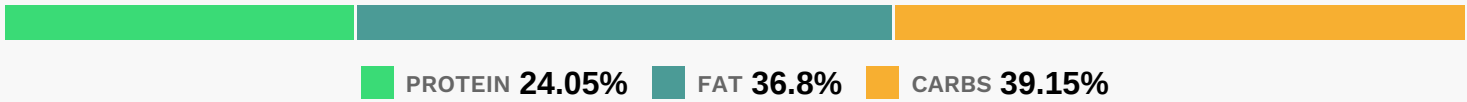
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Remove the stems and center ribs from the collard greens and discard.
- ☐ Cut the leaves into 1/2-inch strips.
- ☐ Place the greens into a large, microwave-safe bowl with the water and cover tightly. Microwave on high for 5 minutes.
- ☐ In the meantime, preheat a large skillet and cook the bacon for 2 minutes on each side.
- ☐ Remove the bacon from the pan, chop, and set aside.
- ☐ Add the oil and onion to the pan and cook until onions have softened, about 2 minutes.
- ☐ Add the collard greens and stir in the vinegar, maple syrup, red pepper flakes, and broth. Bring to a simmer and cook, covered, for 30 minutes.
- ☐ Add the chopped bacon to the pan, and season with salt.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:1.6, Inflammation Score:-10, Nutrition Score:24.758695799371%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 12.5mg, Kaempferol: 12.5mg, Kaempferol: 12.5mg, Kaempferol: 12.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg

Nutrients (% of daily need)

Calories: 127.22kcal (6.36%), Fat: 5.65g (8.69%), Saturated Fat: 0.97g (6.03%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 7.53g (2.74%), Sugar: 4.47g (4.96%), Cholesterol: 7.13mg (2.38%), Sodium: 362.6mg (15.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.62%), Vitamin K: 621.68µg (592.08%), Vitamin A: 7133.19IU (142.66%), Vitamin C: 51.33mg (62.22%), Manganese: 1.08mg (54.22%), Folate: 186.77µg (46.69%), Calcium: 341.98mg (34.2%), Vitamin E: 3.76mg (25.1%), Fiber: 5.99g (23.96%), Vitamin B2: 0.29mg (17.11%), Vitamin B6: 0.32mg (15.81%), Vitamin B1: 0.2mg (13%), Vitamin B3: 2.58mg (12.89%), Potassium: 429.83mg (12.28%), Magnesium: 44.26mg (11.06%), Phosphorus: 88.9mg (8.89%), Selenium: 5.51µg (7.87%), Iron: 0.94mg (5.21%), Copper: 0.1mg (5.13%), Vitamin B5: 0.47mg (4.75%), Zinc: 0.61mg (4.07%), Vitamin D: 0.4µg (2.66%), Vitamin B12: 0.14µg (2.33%)