



## Simmered Greens with Cornmeal Dumplings

READY IN



4500 min.

SERVINGS



6

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons brown sugar packed
- ☐ 3 pound greens such as collard mixed
- ☐ 0.7 cup flour all-purpose
- ☐ 1 pound slab bacon
- ☐ 1 tablespoon butter unsalted
- ☐ 3 quarts water
- ☐ 0.5 cup milk whole
- ☐ 0.3 cup cornmeal yellow

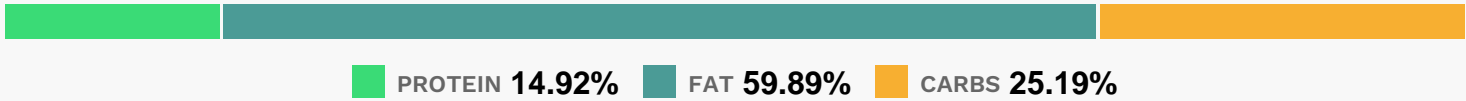
# Equipment

- ☐ whisk
- ☐ pot

# Directions

- ☐ Score bacon 2 or 3 times (do not cut all the way through), then simmer in water in a wide 6-quart pot, covered, 1 hour.
- ☐ Discard any coarse stems from greens and coarsely chop leaves.
- ☐ Add greens, 2 1/2 teaspoons salt, and 1 teaspoon pepper to bacon and cook, uncovered, stirring occasionally, 25 minutes.
- ☐ Meanwhile, whisk together flour, cornmeal, brown sugar, baking powder, and 1/4 teaspoon salt, then blend in butter well with your fingertips. Stir in milk until just combined.
- ☐ Let dough stand 5 minutes.
- ☐ With wet hands, roll rounded tablespoons of dough into balls.
- ☐ Gently place dumplings on top of greens. Cook, covered and undisturbed, over low heat until greens are very tender and silky and dumplings are puffed and cooked through, about 20 minutes. Discard bacon. Season with salt and pepper.

# Nutrition Facts



# Properties

Glycemic Index:45.58, Glycemic Load:12.04, Inflammation Score:-10, Nutrition Score:38.376521701398%

# Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 19.82mg, Kaempferol: 19.82mg, Kaempferol: 19.82mg, Kaempferol: 19.82mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

# Nutrients (% of daily need)

Calories: 506.65kcal (25.33%), Fat: 34.59g (53.21%), Saturated Fat: 11.87g (74.17%), Carbohydrates: 32.74g (10.91%), Net Carbohydrates: 22.46g (8.17%), Sugar: 3.49g (3.88%), Cholesterol: 57.35mg (19.12%), Sodium: 642.33mg (27.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.38g (38.77%), Vitamin K: 991.38µg (944.17%),

Vitamin A: 11502.12IU (230.04%), Vitamin C: 80.06mg (97.04%), Manganese: 1.65mg (82.69%), Folate: 321.07µg (80.27%), Calcium: 612.61mg (61.26%), Fiber: 10.28g (41.11%), Vitamin E: 5.56mg (37.04%), Selenium: 23.81µg (34.01%), Vitamin B6: 0.65mg (32.33%), Vitamin B1: 0.48mg (31.88%), Vitamin B3: 5.79mg (28.93%), Vitamin B2: 0.46mg (27.16%), Phosphorus: 236.19mg (23.62%), Magnesium: 90.33mg (22.58%), Potassium: 709.03mg (20.26%), Iron: 2.37mg (13.15%), Copper: 0.25mg (12.72%), Zinc: 1.87mg (12.48%), Vitamin B5: 1.22mg (12.19%), Vitamin B12: 0.49µg (8.2%), Vitamin D: 0.56µg (3.74%)