



WHATSheATE



HEALTH SCORE

80%

## Skillet Greens with Crispy Shallots and Cider Gastrique



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



312 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 2 tablespoons add carrot and onion to bacon fat . cook
- ☐ 6 servings kosher salt
- ☐ 2 pounds collard greens (such as collards, chard, and kale)
- ☐ 2 cups vegetable oil; peanut oil preferred
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 2 cups shallots thinly sliced

☐ 0.3 cup sugar

## Equipment

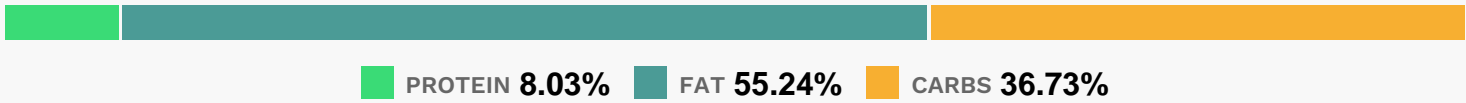
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ pastry brush

## Directions

- ☐ Dissolve sugar in 1 tablespoon water in small saucepan over medium heat. Increase heat; boil without stirring until amber, brushing pan sides with wet pastry brush, about 5 minutes.
- ☐ Add vinegar and crushed pepper (mixture will bubble vigorously). Stir until caramel bits dissolve. Cool.
- ☐ Pour 2 cups oil into heavy medium saucepan. Attach deep-fry thermometer to side of pan and heat oil to 350°F. Working in batches, fry shallots until golden brown, stirring occasionally, 1 1/2 to 2 minutes per batch. Using slotted spoon, transfer shallots to paper towels.
- ☐ Sprinkle with coarse salt.
- ☐ Heat drippings with 1 tablespoon peanut oil in large pot over medium-high heat.
- ☐ Add half of greens and sprinkle with coarse salt and pepper; toss until wilted.
- ☐ Add remaining greens; toss to wilt, about 5 minutes. Reduce heat to medium-low, cover, and cook until greens are tender, adding water by 1/4 cupfuls if dry, about 45 minutes. Season with coarse salt and pepper.
- ☐ Rewarm gastrique.
- ☐ Transfer greens to large shallow bowl.
- ☐ Drizzle some gastrique over and sprinkle shallots over.
- ☐ Serve, passing remaining gastrique.

This recipe calls for a few tablespoons of bacon drippings (fat). If you don't save drippings, fry up a few slices of bacon until you have what you need.

# Nutrition Facts



## Properties

Glycemic Index:23.35, Glycemic Load:9.11, Inflammation Score:-10, Nutrition Score:27.487391129784%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 13.21mg, Kaempferol: 13.21mg, Kaempferol: 13.21mg, Kaempferol: 13.21mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

## Nutrients (% of daily need)

Calories: 311.53kcal (15.58%), Fat: 20.12g (30.95%), Saturated Fat: 4.36g (27.24%), Carbohydrates: 30.09g (10.03%), Net Carbohydrates: 21.41g (7.78%), Sugar: 15.32g (17.02%), Cholesterol: 4.43mg (1.48%), Sodium: 242.5mg (10.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.17%), Vitamin K: 661.82µg (630.3%), Vitamin A: 7690.59IU (153.81%), Vitamin C: 59.68mg (72.34%), Manganese: 1.28mg (64.06%), Folate: 221.95µg (55.49%), Vitamin E: 5.86mg (39.1%), Calcium: 382.65mg (38.27%), Fiber: 8.69g (34.75%), Vitamin B6: 0.53mg (26.43%), Potassium: 606.7mg (17.33%), Magnesium: 58.88mg (14.72%), Vitamin B2: 0.22mg (12.77%), Iron: 1.76mg (9.8%), Phosphorus: 87.71mg (8.77%), Vitamin B1: 0.13mg (8.65%), Copper: 0.14mg (7.23%), Vitamin B3: 1.32mg (6.59%), Vitamin B5: 0.64mg (6.35%), Zinc: 0.66mg (4.42%), Selenium: 3.05µg (4.36%)