



Slow-Braised Collard Greens



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 3 slices applewood-smoked bacon
- ☐ 16 ounce prewashed torn collard greens
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup water

☐ 1.5 tablespoons vinegar white

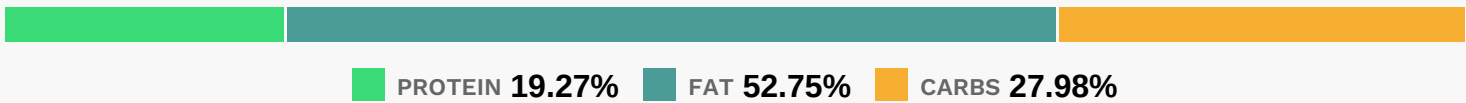
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook bacon in a Dutch oven over medium heat until crisp.
- ☐ Remove bacon from pan; crumble.
- ☐ Add onion to drippings in pan; cook 2 minutes, stirring frequently.
- ☐ Add pepper, salt, and greens; cook 2 minutes or until greens begin to wilt, stirring constantly. Stir in bacon, broth, and remaining ingredients. Cover, reduce heat, and simmer 1 hour or until greens are tender.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.31, Inflammation Score:-10, Nutrition Score:16.139999981808%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 6.7mg, Kaempferol: 6.7mg, Kaempferol: 6.7mg, Kaempferol: 6.7mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 86.3kcal (4.31%), Fat: 4.93g (7.58%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 2.57g (0.94%), Sugar: 1.08g (1.2%), Cholesterol: 7.26mg (2.42%), Sodium: 342.14mg (14.88%), Alcohol: 1.03g (100%), Alcohol %: 0.76% (100%), Protein: 4.05g (8.1%), Vitamin K: 330.64µg (314.89%), Vitamin A: 3848.05IU (76.96%), Vitamin C: 27.67mg (33.54%), Manganese: 0.54mg (26.85%), Folate: 100.58µg (25.15%), Calcium: 182.86mg (18.29%), Fiber: 3.31g (13.23%), Vitamin E: 1.82mg (12.15%), Vitamin B6: 0.18mg (9.19%), Vitamin

B2: 0.12mg (7.16%), Potassium: 224.07mg (6.4%), Vitamin B3: 1.26mg (6.3%), Magnesium: 24.93mg (6.23%),
Selenium: 4.16µg (5.94%), Vitamin B1: 0.08mg (5.39%), Phosphorus: 45.23mg (4.52%), Vitamin B5: 0.33mg (3.31%),
Iron: 0.54mg (3%), Copper: 0.06mg (2.87%), Zinc: 0.34mg (2.27%), Vitamin B12: 0.13µg (2.18%)