



Smoked Braised Mixed Greens

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



78 kcal

SIDE DISH

Ingredients

- ☐ 4 strips bacon sliced
- ☐ 0.5 cup chicken stock see
- ☐ 3 cloves garlic sliced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 3 bunches leafy greens dark such as kale, mustard greens, swiss chard and collard greens, stemmed and inner ribs removed, leaves roughly chopped
- ☐ 1 onion sliced
- ☐ 1 pinch pepper flakes red

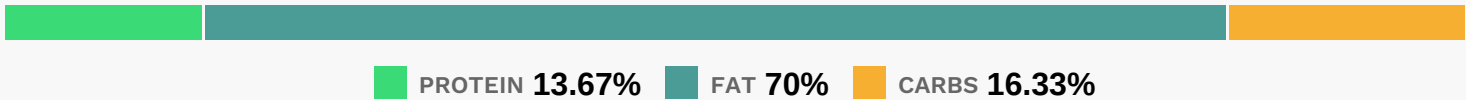
Equipment

- ☐ pot
- ☐ tongs

Directions

- ☐ Heat a large pot over medium-high heat.
- ☐ Add the bacon and render until you have enough fat to saute the garlic and onions.
- ☐ Add the garlic and onions and saute until soft, about 5 minutes.
- ☐ Add the pinch red pepper flakes and season with salt and pepper and cook for 1 minute more.
- ☐ Add the greens in handfuls, adding more as the greens start to wilt, tossing with tongs until all the greens are wilted down.
- ☐ Add the chicken stock and cover. Cook until the greens are tender, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.53, Inflammation Score:-1, Nutrition Score:2.0521739151167%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 78.36kcal (3.92%), Fat: 6.09g (9.38%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.81g (1.02%), Sugar: 1.12g (1.24%), Cholesterol: 10.28mg (3.43%), Sodium: 127.07mg (5.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Selenium: 3.71µg (5.29%), Vitamin B3: 0.94mg (4.72%), Vitamin B6: 0.09mg (4.67%), Vitamin B1: 0.06mg (3.96%), Phosphorus: 34.63mg (3.46%), Manganese: 0.06mg (3.17%), Vitamin C: 2.21mg (2.68%), Potassium: 86.4mg (2.47%), Vitamin B2: 0.04mg (2.14%), Zinc: 0.25mg (1.69%), Fiber: 0.39g (1.56%), Copper: 0.03mg (1.55%), Vitamin K: 1.61µg (1.53%), Magnesium: 5.12mg (1.28%), Vitamin B12: 0.07µg (1.22%), Folate: 4.61µg (1.15%), Vitamin B5: 0.12mg (1.15%), Iron: 0.19mg (1.04%)