



Smothered Collard Greens and Cabbage

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

Ingredients

- 0.5 pound bacon chopped
- 1 head cabbage chopped
- 5 leaves collard greens rinsed trimmed chopped
- 1 teaspoon greens seasoning divided
- 6 servings salt and ground pepper black to taste
- 0.5 large onion chopped
- 1 pinch sugar white

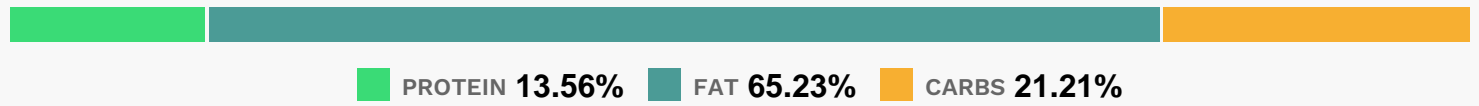
Equipment

frying pan

Directions

- Fry the bacon with the onion in a large skillet over medium heat until the bacon is crisp, about 10 minutes. Stir in the chopped collard greens, sprinkle with salt, black pepper, and 1/2 teaspoon of the greens seasoning; cook and stir for 5 minutes.
- Add in the darker chopped cabbage leaves, and cook and stir until almost tender, about 5 minutes. Stir in the remaining cabbage; season with salt, black pepper, sugar, and the remaining greens seasoning. Stir well; cover and cook until tender, stirring occasionally so that the greens do not scorch, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:28.85, Glycemic Load:2.58, Inflammation Score:-7, Nutrition Score:15.54391320892%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 204.15kcal (10.21%), Fat: 15.22g (23.42%), Saturated Fat: 5.09g (31.8%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 6.78g (2.47%), Sugar: 5.58g (6.2%), Cholesterol: 24.95mg (8.32%), Sodium: 279.62mg (12.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.23%), Vitamin K: 151.64µg (144.42%), Vitamin C: 59.45mg (72.05%), Folate: 78.52µg (19.63%), Fiber: 4.35g (17.42%), Manganese: 0.33mg (16.56%), Vitamin B6: 0.32mg (15.89%), Vitamin B1: 0.21mg (13.82%), Vitamin A: 590.67IU (11.81%), Selenium: 8.23µg (11.76%), Potassium: 370.85mg (10.6%), Phosphorus: 99.96mg (10%), Vitamin B3: 1.96mg (9.78%), Calcium: 85.18mg (8.52%), Magnesium: 26.46mg (6.61%), Vitamin B2: 0.11mg (6.23%), Vitamin B5: 0.57mg (5.71%), Iron: 0.95mg (5.26%), Zinc: 0.76mg (5.07%), Vitamin E: 0.58mg (3.88%), Vitamin B12: 0.19µg (3.15%), Copper: 0.06mg (2.75%), Vitamin D: 0.15µg (1.01%)