



Wilted Kale with Bacon

 Gluten Free

READY IN



58 min.

SERVINGS



8

CALORIES



198 kcal

SIDE DISH

Ingredients

- ☐ 5 bacon strips
- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 0.3 cup butter
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.3 cup cider vinegar
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 3 garlic cloves minced
- ☐ 2 pounds kale (or other greens such as collard, turnip, or mustard)

- ☐ 1 large onion chopped
- ☐ 1.5 teaspoons salt
- ☐ 1 tablespoon sugar
- ☐ 1.5 cups vegetable broth

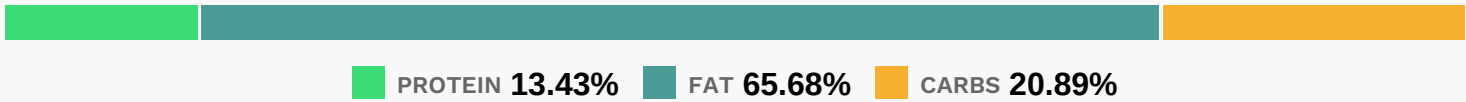
Equipment

- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Cook bacon in a Dutch oven or stockpot until crisp.
- ☐ Remove strips, crumble, and drain on paper towels.
- ☐ Melt butter with drippings over medium-high heat.
- ☐ Add onion and next 5 ingredients, and cook 5 minutes or until tender.
- ☐ Stir in chicken broth, cider vinegar, and sugar. Gradually add kale, and cook, stirring occasionally, 8 to 10 minutes or just until wilted. Reduce heat to medium, and cook, stirring occasionally, 30 minutes or until completely tender.
- ☐ Stir in reserved bacon; season with hot sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:44.76, Glycemic Load:2.25, Inflammation Score:-6, Nutrition Score:10.697826053785%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 198.13kcal (9.91%), Fat: 15.11g (23.25%), Saturated Fat: 5.78g (36.13%), Carbohydrates: 10.82g (3.61%), Net Carbohydrates: 5.44g (1.98%), Sugar: 4.35g (4.83%), Cholesterol: 24.33mg (8.11%), Sodium: 1997.9mg (86.87%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.9%), Selenium: 41.7µg (59.57%), Manganese: 0.6mg (29.93%), Fiber: 5.37g (21.48%), Vitamin B1: 0.26mg (17.64%), Phosphorus: 153.01mg (15.3%), Magnesium: 59.86mg (14.96%), Iron: 2.07mg (11.48%), Calcium: 84.19mg (8.42%), Vitamin A: 413.64IU (8.27%), Vitamin B6: 0.16mg (7.8%), Potassium: 246.31mg (7.04%), Zinc: 0.96mg (6.37%), Vitamin B3: 1.24mg (6.2%), Vitamin B2: 0.1mg (5.71%), Copper: 0.11mg (5.38%), Vitamin B5: 0.46mg (4.59%), Vitamin E: 0.67mg (4.47%), Vitamin K: 4.08µg (3.88%), Folate: 12.11µg (3.03%), Vitamin C: 2.32mg (2.81%), Vitamin B12: 0.08µg (1.35%)