



Wilted Kale with Bacon and Vinegar



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup chicken stock see unsalted (such as Swanson)
- ☐ 8 cups destemmed lacinato/dinosaur kale stemmed chopped
- ☐ 1 teaspoon maple syrup
- ☐ 0.8 cup onion red vertically sliced
- ☐ 1 tablespoon sherry vinegar
- ☐ 3 slices center-cut bacon

Equipment

- ☐ bowl

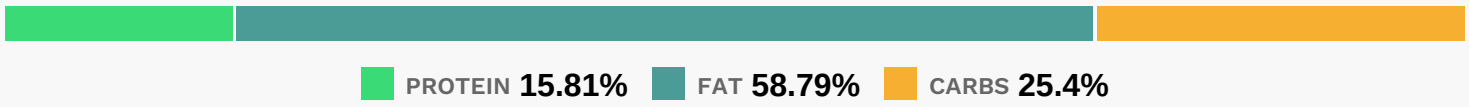
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook bacon in a Dutch oven over medium–low heat until crisp.
- ☐ Remove from pan; crumble. Increase heat to medium.
- ☐ Add onion to drippings in pan; saut 3 minutes.
- ☐ Add kale; cook 2 minutes or until kale begins to wilt, stirring occasionally.
- ☐ Add stock; cover and cook 4 minutes or until tender, stirring occasionally. Stir in vinegar and syrup.
- ☐ Sprinkle with crumbled bacon.
- ☐ Variations
- ☐ Heat a Dutch oven over medium–low heat.
- ☐ Add 1 tablespoon light coconut milk and 1 teaspoon canola oil.
- ☐ Add 1 seeded minced jalapeo and 2 teaspoons minced ginger; cook 1 minute.
- ☐ Add 8 cups chopped kale; cook 2 minutes.
- ☐ Add 1/4 cup light coconut milk, 1/4 cup water, and 1/2 teaspoon sugar; cover and cook 4 minutes. Stir in 1/4 cup light coconut milk, 2 teaspoons lime juice, and 1/8 teaspoon kosher salt.
- ☐ Serves 4 (serving size: 1/2 cup) CALORIES 69; FAT 4g (sat 8g); SODIUM 99mg
- ☐ Farro & Walnuts: Prepare 1 cup pearled farro.
- ☐ Heat a Dutch oven over medium–low heat.
- ☐ Add 2 teaspoons walnut oil and 3 1/2 cups chopped kale; cook 2 minutes.
- ☐ Add 1/3 cup unsalted chicken stock; cover and cook 4 minutes.
- ☐ Combine 4 teaspoons sherry vinegar and 1 teaspoon maple syrup in a bowl.
- ☐ Add farro, 2 teaspoons walnut oil, and 1/4 teaspoon kosher salt.
- ☐ Add kale mixture and 2 tablespoons toasted chopped walnuts.
- ☐ Serves 4 (serving size: 3/4 cup) CALORIES 256; FAT 1g (sat 7g); SODIUM 143mg
- ☐ Heat a Dutch oven over medium heat.

- ☐
- Add 2 tablespoons olive oil; swirl to coat.
- ☐
- Add 2 sliced shallots; cook 5 minutes or until golden, stirring frequently.
- ☐
- Add 8 cups chopped kale, 1/4 teaspoon salt, and 1/4 teaspoon black pepper to pan; cook 2 minutes.
- ☐
- Add 2/3 cup unsalted chicken stock; cover and cook 4 minutes or until tender, stirring occasionally.
- ☐
- Serves 4 (serving size: 1/2 cup) CALORIES 109; FAT 3g (sat 1g); SODIUM 200mg

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:1.09, Inflammation Score:-10, Nutrition Score:15.822173945282%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 11.41mg, Isorhamnetin: 11.41mg, Isorhamnetin: 11.41mg, Isorhamnetin: 11.41mg Kaempferol: 19.85mg, Kaempferol: 19.85mg, Kaempferol: 19.85mg, Kaempferol: 19.85mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.57mg, Quercetin: 15.57mg, Quercetin: 15.57mg, Quercetin: 15.57mg

Nutrients (% of daily need)

Calories: 115.34kcal (5.77%), Fat: 7.68g (11.82%), Saturated Fat: 2.41g (15.06%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 5.24g (1.91%), Sugar: 3.29g (3.65%), Cholesterol: 12.09mg (4.03%), Sodium: 190.35mg (8.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.3%), Vitamin K: 164µg (156.19%), Vitamin A: 4203.71IU (84.07%), Vitamin C: 41.55mg (50.36%), Manganese: 0.36mg (17.96%), Vitamin B2: 0.22mg (13.14%), Calcium: 117.74mg (11.77%), Vitamin B3: 1.83mg (9.14%), Fiber: 2.23g (8.93%), Folate: 33.74µg (8.44%), Vitamin B6: 0.17mg (8.3%), Vitamin B1: 0.12mg (8.13%), Potassium: 270.03mg (7.72%), Selenium: 4.72µg (6.75%), Phosphorus: 66.66mg (6.67%), Magnesium: 20.96mg (5.24%), Iron: 0.91mg (5.03%), Zinc: 0.48mg (3.19%), Copper: 0.06mg (3.14%), Vitamin E: 0.37mg (2.44%), Vitamin B5: 0.17mg (1.67%), Vitamin B12: 0.08µg (1.38%)