



## Winter-Greens Slaw with Warm Bacon Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



179 kcal

SIDE DISH

### Ingredients

- 2 cups bunches of kale thinly sliced
- 0.3 cup cream cheese fat-free softened
- 1 teaspoon dijon mustard
- 0.5 teaspoon optional: dill dried
- 0.5 teaspoon honey
- 2 cups kale thinly sliced
- 0.5 cup onion sliced

- 0.1 teaspoon pepper
- 0.3 cup skim milk
- 2 cups swiss chard thinly sliced
- 2 turkey-bacon cooked chopped
- 2 teaspoons citrus champagne vinegar

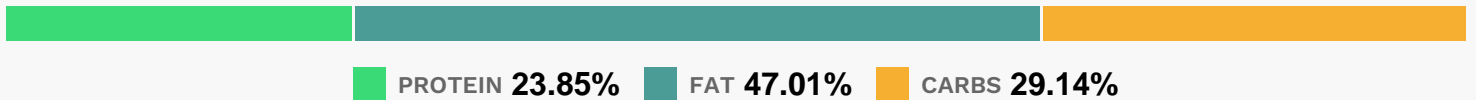
## Equipment

- frying pan

## Directions

- Heat a large nonstick skillet over medium-high heat.
- Add onion; saut 5 minutes or until golden brown. Reduce heat to low.
- Add cream cheese and next 6 ingredients (cream cheese through pepper); stir until blended.
- Remove skillet from heat.
- Add kale, beet greens, and Swiss chard to pan; toss to coat. Cover and let stand 30 seconds. Divide slaw evenly between 2 plates; top each with chopped bacon.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:120.26, Glycemic Load:2.37, Inflammation Score:-10, Nutrition Score:22.93347827248%

## Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.96mg, Isorhamnetin: 6.96mg, Isorhamnetin: 6.96mg, Isorhamnetin: 6.96mg Kaempferol: 12.18mg, Kaempferol: 12.18mg, Kaempferol: 12.18mg, Kaempferol: 12.18mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 13.65mg, Quercetin: 13.65mg, Quercetin: 13.65mg, Quercetin: 13.65mg

## Nutrients (% of daily need)

Calories: 179.11kcal (8.96%), Fat: 9.61g (14.79%), Saturated Fat: 3.2g (20.02%), Carbohydrates: 13.41g (4.47%), Net Carbohydrates: 9.71g (3.53%), Sugar: 7.02g (7.8%), Cholesterol: 18.83mg (6.28%), Sodium: 560.32mg (24.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.98g (21.95%), Vitamin K: 533.16µg (507.77%), Vitamin A: 6807.01IU (136.14%), Vitamin C: 44.94mg (54.48%), Calcium: 273.04mg (27.3%), Phosphorus: 272.21mg (27.22%), Manganese: 0.52mg (25.92%), Potassium: 747.26mg (21.35%), Magnesium: 82mg (20.5%), Vitamin B2: 0.34mg (19.75%), Fiber: 3.7g (14.8%), Iron: 2.39mg (13.29%), Vitamin B1: 0.19mg (12.64%), Vitamin B6: 0.25mg (12.6%), Selenium: 8.34µg (11.92%), Folate: 42.09µg (10.52%), Vitamin E: 1.51mg (10.05%), Copper: 0.19mg (9.48%), Vitamin B12: 0.56µg (9.27%), Zinc: 1.28mg (8.51%), Vitamin B3: 1.6mg (8%), Vitamin B5: 0.7mg (7.04%), Vitamin D: 0.42µg (2.83%)