

**All Recipes** 

Al Recipe Builder

**Similar Recipes** 

## Quick and Simple Kale and Bacon \*

A quick and simple recipe for kale and bacon. This dish is perfect for breakfast or brunch. It combines the flavors of crispy bacon with nutritious kale for a delicious and satisfying meal.

Recipe Type: Standard Prep Time: 10 mins

Cook Time: 15 mins Total Time: 25 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

## **Ingredients**

400 g	kale
100 g	bacon
1 tsp	salt
1 tsp	pepper
2 tbsp	olive oil

#### **Directions**

#### Step 1



Wash and chop the kale into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 2

Frying

Cook the bacon in a skillet until crispy. Remove from the skillet and crumble into small pieces.

Prep Time: 0 mins

Cook Time: 10 mins

#### Step 3

Sautéing

Heat olive oil in the skillet. Add the kale and cook for 5 minutes, or until wilted.

Prep Time: 0 mins

Cook Time: 5 mins

#### Step 4



Season with salt and pepper. Add the crumbled bacon and toss to combine.

Prep Time: 0 mins

Cook Time: 0 mins

#### Step 5

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

## **Nutrition Facts**

Calories: 150 kcal

**Fat:** 10 g

Protein: 8 g

Carbohydrates: 8 g

## **Nutrition Facts**

#### **Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

#### **Fats**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	15 mg	N/A	N/A

### **Vitamins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	120 iu	13.33%	17.14%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

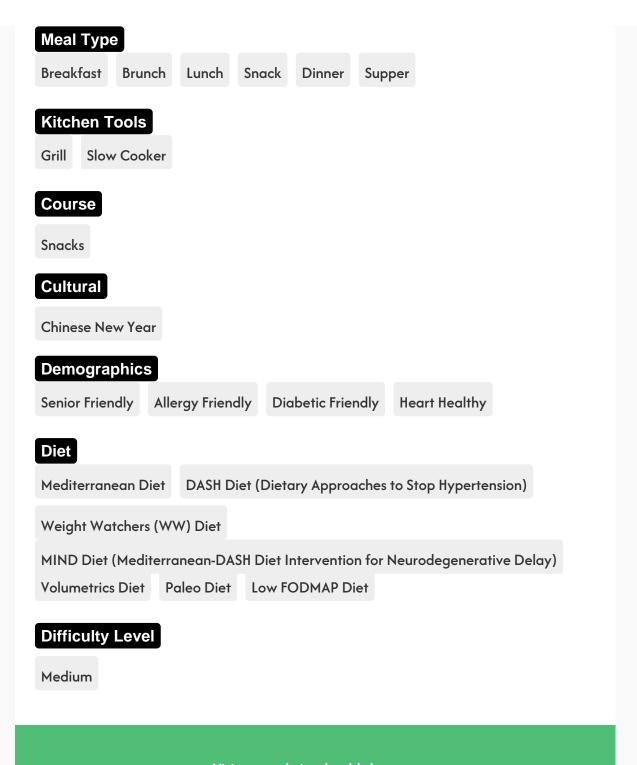
#### **Minerals**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	10 mg	1%	1%
Iron	10 mg	125%	55.56%
Potassium	15 mg	0.44%	0.58%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

# **Recipe Attributes**

Events

Christmas



Visit our website: healthdor.com