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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

Cut

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

Stirring

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

Meal Type

Breakfast

Brunch

Lunch

Snack

Dinner

Supper

Kitchen Tools

Grill

Slow Cooker

Course

Snacks

Cultural

Chinese New Year

Demographics

Senior Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

Low FODMAP Diet

Difficulty Level

Medium

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