



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Spicy Bacon Collard Greens ♦♦

Spicy Bacon Collard Greens is a delicious and flavorful dish that combines the smokiness of bacon with the heat of spices. It is a popular Southern dish that is often served as a side dish with barbecue or fried chicken. The collard greens are slow-cooked with onions, garlic, and spices until tender and flavorful. The bacon adds a rich and savory flavor to the dish, while the spices give it a spicy kick. It is a perfect dish for those who love bold flavors and a little heat.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 60 mins

Total Time: 75 mins

Recipe Yield: 500 grams

Number of Servings: 6

Serving Size: 100 g

Ingredients

500 g	Collard Greens
200 g	bacon
100 g	onion

4	garlic
cloves	
1 tsp	Red Pepper Flakes
1 tsp	Salt
1 tsp	Black pepper
250 ml	chicken broth

Directions

Step 1

Preparation

Wash the collard greens thoroughly and remove the tough stems. Chop the leaves into bite-sized pieces.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Stove

In a large pot, cook the bacon over medium heat until crispy. Remove the bacon from the pot and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

In the same pot, add the onion and garlic. Cook until the onion is translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stove

Add the collard greens to the pot and cook until wilted.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Stove

Crumble the cooked bacon and add it back to the pot. Stir in the red pepper flakes, salt, and black pepper.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Stove

Pour in the chicken broth and bring to a simmer. Cover the pot and cook for 45 minutes, or until the collard greens are tender.

Prep Time: 5 mins

Cook Time: 45 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
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	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	6 mcg	250%	250%
Vitamin E	8 mg	53.33%	53.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	25 mg	312.5%	138.89%
Potassium	10 mg	0.29%	0.38%
Zinc	8 mg	72.73%	100%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Microwave

Nutritional Content

Low Calorie

Cuisines

Italian

American

Diet

Anti-Inflammatory Diet

Meal Type

Lunch

Dinner

Snack

Events

Picnic

Course

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Difficulty Level

Medium

Visit our website: healthdor.com