

Recipe: Sauteed Greens

Sauteed Greens

Number of Servings: 4 (89.02 g per serving)

Weight: 356.07 g

Recipe

Item Name	Quantity	Measure
Greens, mustard, fresh	1/4 Pound	
Greens, collard, chpd, fresh	1/4 Pound	
Bacon, cured, raw, med slices, 20/lb	2 Piece	
Herb, dill weed, dried	1 Teaspoon	
Herb, tarragon, ground	1 Teaspoon	
Vinegar, apple cider, unfiltered	2 Tablespoon	
Shallots, chpd, fresh	1/3 Cup	

Nutrients

Nutrients	Per Servi...	Nutrients	Per Servi...
Basic Components		Biotin (mcg)	0.23
Gram Weight (g)	89.02	Vitamin C (mg)	20.75
Calories (kcal)	84.97	Vitamin D - IU (IU)	7.14
Calories from Fat (kcal)	49.03	Vitamin D - mcg (mcg)	0.18
Calories from SatFat (kcal)	15.53	Vitamin E - Alpha-Toco (mg)	0.67
Protein (g)	3.62	Folate (mcg)	52.92
Carbohydrates (g)	6.18	Folate, DFE (mcg)	52.92
Dietary Fiber (g)	1.08	Vitamin K (mcg)	144.81
Soluble Fiber (g)	0.41	Pantothenic Acid (mg)	0.17
Total Sugars (g)	0.56	Minerals	
Monosaccharides (g)	0.09	Calcium (mg)	99.68
Disaccharides (g)	0.33	Chromium (mcg)	--
Other Carbs (g)	3.35	Copper (mg)	0.03
Fat (g)	5.45	Fluoride (mg)	0.00
Saturated Fat (g)	1.73	Iodine (mcg)	--
Mono Fat (g)	2.28	Iron (mg)	0.97

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Nutrients cont.

Nutrients	Per Servi...	Nutrients	Per Servi...
Poly Fat (g)	0.62	Magnesium (mg)	9.23
Trans Fatty Acid (g)	0	Manganese (mg)	0.16
Cholesterol (mg)	7.71	Molybdenum (mcg)	2.08
Water (g)	72.35	Phosphorus (mg)	34.75
Vitamins		Potassium (mg)	136.37
Vitamin A - IU (IU)	2084.63	Selenium (mcg)	2.84
Vitamin A - RAE (RAE)	105.27	Sodium (mg)	102.46
Carotenoid RE (RE)	208.04	Zinc (mg)	0.25
Retinol RE (RE)	1.25	Other Fats	
Beta-Carotene (mcg)	1089.19	Omega 3 Fatty Acid (g)	0.07
Vitamin B1 (mg)	0.07	Omega 6 Fatty Acid (g)	0.53
Vitamin B2 (mg)	0.06	Other Nutrients	
Vitamin B3 (mg)	0.71	Alcohol (g)	0
Vitamin B3 - Niacin Equiv (mg)	1.11	Caffeine (mg)	0
Vitamin B6 (mg)	0.13	Choline (mg)	11.86
Vitamin B12 (mcg)	0.08		

Preparation Method

Preparation ...	Cook Time	Cook Temper...	Cook Method	Pan Size
30 minutes	10 minutes	medium heat	Saute	

Preparation Method Instructions

Dice shallots and set aside. Chop raw bacon.
 Place saute pan on medium heat. Add bacon to pan and saute just until crispy. Remove bacon from pan. Add herbs and saute 2-3 minutes. Add shallots and saute 1 more minute. Add in greens and vinegar. Saute until greens turn bright green. Add bacon back to pan. Toss and serve.