

Creamed Collard Greens

Publix Aprons

Servings: 8

4 slices thick-cut bacon, coarsely chopped

1/2 cup yellow onions, diced

1 cup chicken broth

1/2 cup apple cider vinegar

1/2 teaspoon Kosher salt

1/4 teaspoon crushed red pepper flakes

16 ounces fresh cut collard greens

1 jar (16 ounce) Ragu cheesy roasted garlic Parmesan sauce

Preheat a medium stockpot on medium-high for 2 to 3 minutes. Cut the bacon into small pieces and place in the pan. Wash your hands. Cook and stir for 8 to 10 minutes or until crispy. Remove the bacon reserving two tablespoons of the drippings in the pan.

Add the onions to the drippings. Cook and stir for 3 to 4 minutes or until tender. Stir in the remaining ingredients (except the cheese sauce). Bring to a boil.

Reduce the heat to low. Cook for 20 minutes, stirring occasionally, or until the greens are tender.

Stir in the bacon and cheese sauce. Cook and stir for 1 to 2 minutes or until hot. Serve.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 11 Calories; trace Fat (13.9% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 213mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	11	Vitamin B6 (mg):	trace
% Calories from Fat:	13.9%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	62.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	24.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	3mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
			0mg

Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 2g
Dietary Fiber (g): trace
Protein (g): 1g
Sodium (mg): 213mg
Potassium (mg): 57mg
Calcium (mg): 4mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 3IU
Vitamin A (r.e.): 1/2RE

Caffeine (mg):
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 11 **Calories from Fat:** 1

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	213mg	9%
Total Carbohydrates	2g	1%
	Dietary Fiber trace	1%
Protein	1g	
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Vitamin A		0%
Vitamin C		1%
Calcium		0%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.