

Stir-Fried Kale & Bacon



3 Ingredients, 2 Servings, 10 Minutes Total Time

1 teaspoon lemon juice

120 grams bacon (chopped)

2 bunches kale (stems removed and finely chopped)

Instructions

- Sauté bacon pieces in a large frying pan over medium heat until crisp.
- Add the kale leaves & a pinch of salt and pepper.
- Stir the kale and bacon for a couple minutes and then splash with lemon juice.

Warnings

**KALE: (curly kale is high oxalate, lacinato/dino, cooked and drained is low oxalate)

Nutritional Information (per serving)

Calories	358
Total Fat	22g
Saturated Fat	8g
Cholesterol	66mg
Sodium	1,056mg
Total Carbohydrate	7g
Dietary Fibre	--
Sugars	--
Protein	25g
Calcium	107mg
Iron	2mg
Magnesium	51mg
Phosphorus	382mg

Potassium	671mg
Vitamin C	82mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	--