



Apple-Walnut Kale Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 ounce cheese blue crumbled
- ☐ 0.5 teaspoon brown sugar
- ☐ 0.5 cup celery sliced
- ☐ 1 tablespoon cider vinegar
- ☐ 1 cup apples i use 2 granny smith apples sliced
- ☐ 4 cups torn kale leaves
- ☐ 0.5 teaspoon kosher salt

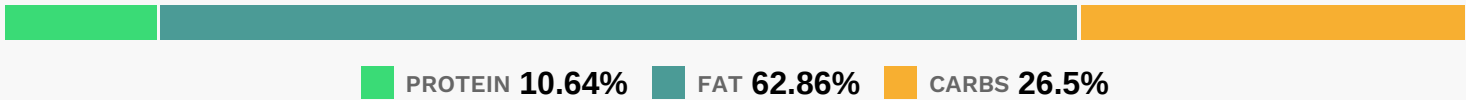
- ☐ 0.3 cup onion red sliced
- ☐ 2 cups torn swiss chard leaves
- ☐ 1 tablespoon walnut oil
- ☐ 2 tablespoons walnuts toasted

Equipment

Directions

- ☐ Combine vinegar, walnut oil, kosher salt, brown sugar, and pepper.
- ☐ Add kale and Swiss chard; toss.
- ☐ Let stand 10 minutes.
- ☐ Add apple, celery, onion, blue cheese, and toasted walnuts; toss.

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:1.14, Inflammation Score:-10, Nutrition Score:10.881739107163%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 3.64mg, Isorhamnetin: 3.64mg, Isorhamnetin: 3.64mg, Isorhamnetin: 3.64mg Kaempferol: 7.34mg, Kaempferol: 7.34mg, Kaempferol: 7.34mg, Kaempferol: 7.34mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 83.17kcal (4.16%), Fat: 6.16g (9.47%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 4.06g (1.48%), Sugar: 3.25g (3.61%), Cholesterol: 3.54mg (1.18%), Sodium: 288.63mg (12.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.69%), Vitamin K: 157.98µg (150.45%), Vitamin A: 2219.32IU (44.39%), Vitamin C: 18.43mg (22.34%), Manganese: 0.3mg (15.16%), Calcium: 77.35mg (7.74%), Fiber:

1.78g (7.12%), Magnesium: 23.77mg (5.94%), Vitamin B2: 0.09mg (5.57%), Potassium: 179.43mg (5.13%), Folate: 20.28µg (5.07%), Phosphorus: 49.76mg (4.98%), Copper: 0.1mg (4.88%), Vitamin B6: 0.08mg (4.08%), Iron: 0.63mg (3.51%), Vitamin E: 0.43mg (2.85%), Vitamin B1: 0.04mg (2.79%), Zinc: 0.36mg (2.4%), Vitamin B5: 0.18mg (1.78%), Vitamin B3: 0.35mg (1.77%), Selenium: 1.16µg (1.66%)