



 **100%**
HEALTH SCORE

Braised Kale

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



20 min.

SERVINGS



4

CALORIES



109 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 8 garlic cloves chopped
- 14 oz bunch kale
- 0.5 teaspoon kosher salt
- 0.8 cup lower-sodium chicken broth
- 2 tablespoons olive oil extra-virgin

Equipment

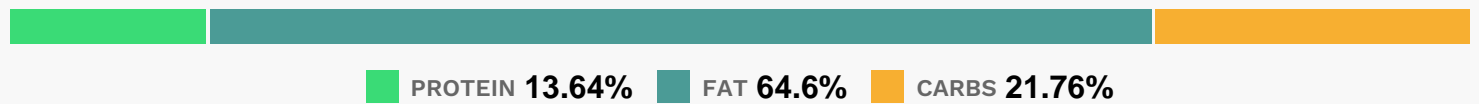
- frying pan

colander

Directions

- Strip the kale leaves from the tough stems. Discard the stems; coarsely chop the leaves. Rinse well in a colander, leaving the water on the leaves.
- Heat the oil in a large skillet over low heat.
- Add the garlic and cook, stirring, until it's golden and aromatic (3–4 minutes).
- Transfer the garlic to a dish and reserve.
- Reheat the oil over medium heat, then add the kale and the broth. Cover and simmer until the kale is tender (3–4 minutes). Season with the salt and pepper.
- Transfer to a serving platter and top with the garlic and Parmesan, if desired.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.68, Inflammation Score:-10, Nutrition Score:21.858695683272%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 23.42mg, Isorhamnetin: 23.42mg, Isorhamnetin: 23.42mg, Isorhamnetin: 23.42mg Kaempferol: 46.45mg, Kaempferol: 46.45mg, Kaempferol: 46.45mg, Kaempferol: 46.45mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 22.51mg, Quercetin: 22.51mg, Quercetin: 22.51mg, Quercetin: 22.51mg

Nutrients (% of daily need)

Calories: 108.67kcal (5.43%), Fat: 8.51g (13.1%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 2.23g (0.81%), Sugar: 0.85g (0.95%), Cholesterol: 0mg (0%), Sodium: 426.96mg (18.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.09%), Vitamin K: 391.49µg (372.85%), Vitamin A: 9913.63IU (198.27%), Vitamin C: 94.55mg (114.6%), Manganese: 0.77mg (38.54%), Calcium: 263.69mg (26.37%), Vitamin B2: 0.35mg (20.65%), Fiber: 4.23g (16.9%), Folate: 61.72µg (15.43%), Potassium: 461.15mg (13.18%), Vitamin E: 1.67mg (11.13%), Vitamin B6: 0.22mg (11.03%), Iron: 1.74mg (9.69%), Magnesium: 34.46mg (8.62%), Vitamin B1: 0.12mg (8.28%), Phosphorus: 63.95mg (6.4%), Vitamin B3: 1.21mg (6.07%), Copper: 0.07mg (3.62%), Zinc: 0.46mg (3.06%), Selenium: 1.75µg (2.5%), Vitamin B5: 0.13mg (1.28%)