



Braised Kale



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



78 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.8 teaspoon pepper red crushed
- ☐ 0.3 cup garlic thinly sliced
- ☐ 2 pounds kale loosely packed chopped
- ☐ 1 cup lower-sodium chicken broth fat-free
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion thinly sliced
- ☐ 2 teaspoons red wine vinegar

- ☐ 0.3 teaspoon salt
- ☐ 1 cup water

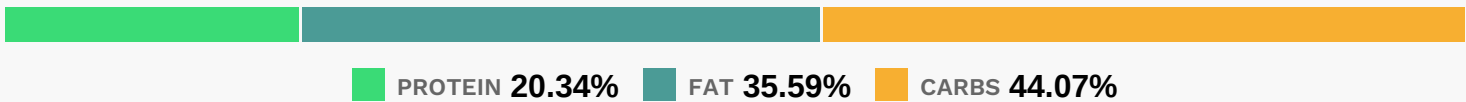
Equipment

- ☐ dutch oven

Directions

- ☐ Heat olive oil in a Dutch oven over medium heat.
- ☐ Add onion and garlic; cook 10 minutes or until golden, stirring frequently.
- ☐ Add kale, broth, 1 cup water, and red pepper; cover and bring to a boil. Reduce heat, and simmer 20 minutes. Stir in vinegar, salt, and black pepper.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:23.334782672965%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 28.26mg, Isorhamnetin: 28.26mg, Isorhamnetin: 28.26mg Isorhamnetin: 28.26mg Kaempferol: 53.28mg, Kaempferol: 53.28mg, Kaempferol: 53.28mg, Kaempferol: 53.28mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 31.79mg, Quercetin: 31.79mg, Quercetin: 31.79mg, Quercetin: 31.79mg

Nutrients (% of daily need)

Calories: 78.4kcal (3.92%), Fat: 3.53g (5.43%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 9.83g (3.28%), Net Carbohydrates: 4.47g (1.62%), Sugar: 2.25g (2.5%), Cholesterol: 0mg (0%), Sodium: 194.64mg (8.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.07%), Vitamin K: 443.82µg (422.69%), Vitamin A: 11385.51IU (227.71%), Vitamin C: 109.91mg (133.22%), Manganese: 0.89mg (44.63%), Calcium: 307.11mg (30.71%), Vitamin B2: 0.41mg (24.1%), Fiber: 5.36g (21.44%), Folate: 76.24µg (19.06%), Potassium: 526.16mg (15.03%), Vitamin B6: 0.28mg (13.85%), Iron: 2.03mg (11.27%), Magnesium: 42.57mg (10.64%), Vitamin B1: 0.15mg (10.25%), Phosphorus: 80.5mg (8.05%), Vitamin E: 1.08mg (7.22%), Vitamin B3: 1.43mg (7.18%), Copper: 0.1mg (4.82%), Zinc: 0.57mg (3.81%), Selenium: 2.02µg (2.88%), Vitamin B5: 0.18mg (1.76%)