



Braised Kale and Red Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3 garlic cloves thinly sliced
- ☐ 1 pound kale coarsely chopped
- ☐ 1 pound potatoes red cubed
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vegetable oil
- ☐ 1 cup water

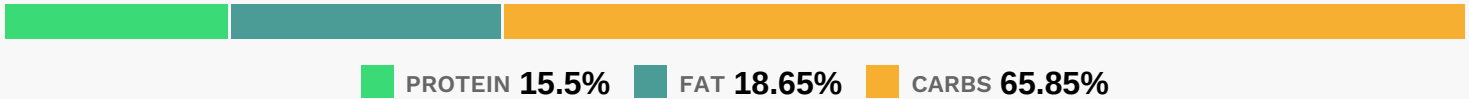
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 4 ingredients in a skillet; bring to a boil. Cover, reduce heat to medium, and cook 10 minutes. Uncover; cook over high heat until water evaporates. Spoon kale mixture into a bowl; set aside, and keep warm.
- ☐ Heat oil in skillet over medium-low heat.
- ☐ Add pepper and garlic; saute 3 minutes. Spoon over vegetables; toss.
- ☐ Note: Substitute collard greens for kale, if desired.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:0.26, Inflammation Score:-10, Nutrition Score:23.539130366367%

Flavonoids

Isorhamnetin: 21.41mg, Isorhamnetin: 21.41mg, Isorhamnetin: 21.41mg, Isorhamnetin: 21.41mg Kaempferol: 42.46mg, Kaempferol: 42.46mg, Kaempferol: 42.46mg, Kaempferol: 42.46mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 21.11mg, Quercetin: 21.11mg, Quercetin: 21.11mg, Quercetin: 21.11mg

Nutrients (% of daily need)

Calories: 106.17kcal (5.31%), Fat: 2.4g (3.7%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 13.75g (5%), Sugar: 1.92g (2.13%), Cholesterol: 0mg (0%), Sodium: 301.27mg (13.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Vitamin K: 358.22µg (341.17%), Vitamin A: 9098.94IU (181.98%), Vitamin C: 93.1mg (112.84%), Manganese: 0.76mg (37.91%), Calcium: 244.65mg (24.46%), Fiber: 5.33g (21.34%), Potassium: 737.69mg (21.08%), Vitamin B2: 0.35mg (20.34%), Folate: 72.66µg (18.16%), Vitamin B6: 0.31mg (15.6%), Magnesium: 50.97mg (12.74%), Iron: 2.16mg (12.02%), Vitamin B1: 0.18mg (11.99%), Phosphorus: 108.29mg (10.83%), Vitamin B3: 2.14mg (10.69%), Copper: 0.18mg (9.19%), Vitamin E: 0.72mg (4.81%), Zinc: 0.68mg (4.56%), Vitamin B5: 0.35mg (3.47%), Selenium: 1.55µg (2.21%)