



## Braised Kale Crostini

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



233 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12.5 inch bread crumbs italian (each slice 2x3 inches)
- 5 large garlic clove minced halved
- 1 pound crossing over quintessential american desserts thick sliced
- 3.5 cups chicken broth canned
- 8 tablespoons olive oil
- 0.5 teaspoon pepper dried red crushed

### Equipment

- baking sheet

oven

pot

## Directions

Preheat oven to 375°F.

Brush bread slices with 2 tablespoons olive oil; arrange bread on baking sheet.

Bake until beginning to color, about 6 minutes. Rub toasts with halved garlic.

Heat 4 tablespoons olive oil in heavy large pot over medium-high heat.

Add minced garlic and dried red pepper and stir 30 seconds.

Add kale and broth and bring to boil. Reduce heat, cover and simmer 15 minutes. Uncover and continue to simmer until kale is tender and broth has evaporated, stirring often, about 15 minutes. Season to taste with salt and pepper. Top toasts with kale.

Drizzle with remaining 2 tablespoons olive oil and serve.

## Nutrition Facts

 **PROTEIN 13.2%**  **FAT 81.79%**  **CARBS 5.01%**

## Properties

Glycemic Index:2.5, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:4.4195652338474%

## 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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 232.85kcal (11.64%), Fat: 21.44g (32.99%), Saturated Fat: 6.7g (41.88%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.81g (1.02%), Sugar: 0.93g (1.03%), Cholesterol: 28.35mg (9.45%), Sodium: 52.27mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.57%), Vitamin B3: 2.52mg (12.6%), Vitamin B12: 0.65µg (10.91%), Zinc: 1.55mg (10.32%), Selenium: 6.66µg (9.51%), Vitamin E: 1.38mg (9.18%), Vitamin B6: 0.16mg (8.16%), Phosphorus: 69.15mg (6.92%), Vitamin B2: 0.1mg (6.15%), Vitamin K: 6.3µg (6%), Iron: 0.9mg (5.02%), Potassium: 154.07mg (4.4%), Copper: 0.06mg (3.12%), Vitamin B1: 0.03mg (2.32%), Magnesium: 8mg (2%), Manganese: 0.02mg (1.12%)