



WHATSheATE



HEALTH SCORE

77%

Braised Lacinato Kale



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



12

CALORIES



47 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cooking wine dry white
- ☐ 1 tablespoon garlic chopped
- ☐ 1 tablespoon kosher salt
- ☐ 2.3 lbs destemmed lacinato/dinosaur kale rinsed see Notes
- ☐ 2 tsp juice of lemon fresh
- ☐ 0.5 cups reduced sodium chicken stock
- ☐ 1 tablespoon olive oil

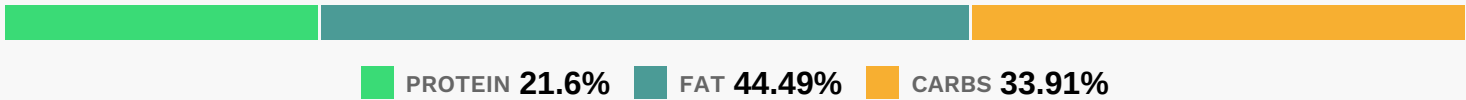
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of water to boil. Chop kale into 1-in. pieces and add to pot. Cover and cook until slightly wilted, 3 to 5 minutes.
- ☐ Drain.
- ☐ In a large frying pan or heavy-bottomed pot, cook garlic in olive oil over low heat, stirring often, until soft, about 3 minutes.
- ☐ Add kale and wine and cook, covered, until almost dry.
- ☐ Add chicken stock and cook, covered, until stock is almost evaporated and kale is very tender, about 30 minutes (if kale isn't tender, add more stock and continue cooking). Season to taste with salt and lemon juice.

Nutrition Facts



Properties

Glycemic Index:6.42, Glycemic Load:0.17, Inflammation Score:-10, Nutrition Score:19.698260899471%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 20.07mg, Isorhamnetin: 20.07mg, Isorhamnetin: 20.07mg, Isorhamnetin: 20.07mg Kaempferol: 39.81mg, Kaempferol: 39.81mg, Kaempferol: 39.81mg, Kaempferol: 39.81mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 19.22mg, Quercetin: 19.22mg, Quercetin: 19.22mg, Quercetin: 19.22mg

Nutrients (% of daily need)

Calories: 46.93kcal (2.35%), Fat: 2.5g (3.84%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.77g (0.85%), Cholesterol: 0mg (0%), Sodium: 629.79mg (27.38%), Alcohol: 0.51g (100%), Alcohol %: 0.63% (100%), Protein: 2.73g (5.46%), Vitamin K: 332.42µg (316.59%), Vitamin A: 8496.46IU (169.93%), Vitamin C: 79.97mg (96.93%), Manganese: 0.58mg (28.95%), Calcium: 218.49mg (21.85%), Vitamin B2: 0.3mg (17.63%), Fiber: 3.5g (14.01%), Folate: 52.97µg (13.24%), Potassium: 311.64mg (8.9%), Iron: 1.42mg

(7.88%), Magnesium: 28.9mg (7.22%), Vitamin B6: 0.14mg (6.86%), Vitamin B1: 0.1mg (6.53%), Vitamin B3: 1.15mg (5.75%), Phosphorus: 51.71mg (5.17%), Vitamin E: 0.73mg (4.87%), Copper: 0.05mg (2.64%), Zinc: 0.36mg (2.38%), Selenium: 0.87µg (1.24%)