



Broccoli Matchsticks and Kale Salad

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



93 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cup broccoli stems julienned peeled
- ☐ 0.5 cup hazelnuts toasted chopped
- ☐ 1 pound kale thinly sliced
- ☐ 2 leeks white green thinly sliced
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 0.5 cup manchego cheese fresh shredded
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 30 servings pepper freshly ground

☐ 30 servings salt

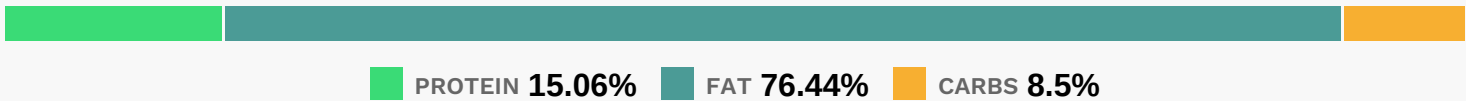
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen towels

Directions

- ☐ Preheat the oven to 35
- ☐ Spread the hazelnuts in a pie plate and toast for about 13 minutes, or until the skins blister and the nuts are golden.
- ☐ Transfer to a kitchen towel and let cool. Rub off the skins and chop the nuts.
- ☐ Put the kale and broccoli stems in a bowl and season with salt. Using your hands, squeeze the vegetables to soften them slightly.
- ☐ In a medium skillet, heat the olive oil.
- ☐ Add the leeks and cook over moderate heat, stirring, until softened, about 3 minutes.
- ☐ Add the lemon juice and season with salt and pepper.
- ☐ Pour the dressing over the kale and broccoli and let stand for 2 minutes. Toss well to coat.
- ☐ Add the cheese and hazelnuts and season with pepper; toss again.
- ☐ Serve right away.

Nutrition Facts



Properties

Glycemic Index:3.7, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:3.9317391443512%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin:

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Nutrients (% of daily need)

Calories: 92.62kcal (4.63%), Fat: 8.04g (12.37%), Saturated Fat: 2.73g (17.09%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 1.45g (0.53%), Sugar: 0.49g (0.55%), Cholesterol: 13.35mg (4.45%), Sodium: 217.39mg (9.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.13%), Vitamin K: 13.52µg (12.88%), Vitamin C: 9.07mg (11%), Manganese: 0.18mg (9.19%), Vitamin B6: 0.1mg (4.84%), Vitamin E: 0.69mg (4.57%), Zinc: 0.68mg (4.51%), Selenium: 2.92µg (4.17%), Vitamin B12: 0.23µg (3.91%), Vitamin B3: 0.69mg (3.47%), Vitamin A: 167.97IU (3.36%), Calcium: 32.22mg (3.22%), Phosphorus: 32.07mg (3.21%), Folate: 12.27µg (3.07%), Iron: 0.55mg (3.06%), Copper: 0.06mg (2.83%), Vitamin B2: 0.05mg (2.73%), Potassium: 87.47mg (2.5%), Magnesium: 9.58mg (2.39%), Vitamin B1: 0.03mg (2.29%), Fiber: 0.56g (2.23%)