



HEALTH SCORE

100%

Cavolo Nero with Cilantro



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



105 kcal

SIDE DISH

Ingredients



1 cup cilantro leaves fresh chopped



2 lb kale



2 tablespoons olive oil



1 cup onion white finely chopped

Equipment



frying pan



pot

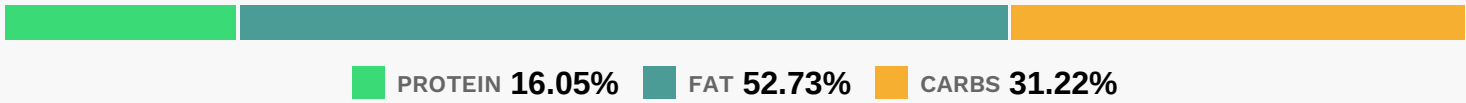


colander

Directions

- ☐ Put cavolo nero crosswise into 1/4-inch-wide strips and cook in a large pot of salted boiling water 3 minutes. Reserve 1/4 cup cooking liquid and drain cavolo nero in a colander.
- ☐ Cook onion and 1/2 cup cilantro in oil in a deep 12-inch heavy skillet over moderate heat, stirring, until onion is softened.
- ☐ Add cavolo nero, salt to taste, and reserved cooking liquid and simmer, stirring, until cavolo nero is just tender, 3 to 5 minutes. Stir in remaining 1/2 cup cilantro and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.71, Inflammation Score:-10, Nutrition Score:25.537391491558%

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 Isorhamnetin: 37.02mg, Isorhamnetin: 37.02mg, Isorhamnetin: 37.02mg, Isorhamnetin: 37.02mg Kaempferol: 70.93mg, Kaempferol: 70.93mg, Kaempferol: 70.93mg, Kaempferol: 70.93mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 40.96mg, Quercetin: 40.96mg, Quercetin: 40.96mg, Quercetin: 40.96mg

Nutrients (% of daily need)

Calories: 105.45kcal (5.27%), Fat: 6.96g (10.71%), Saturated Fat: 0.92g (5.78%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 2.54g (0.93%), Sugar: 2.36g (2.63%), Cholesterol: 0mg (0%), Sodium: 82.52mg (3.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.53%), Vitamin K: 600.85µg (572.24%), Vitamin A: 15285.11IU (305.7%), Vitamin C: 143.91mg (174.44%), Manganese: 1.04mg (52.11%), Calcium: 392.01mg (39.2%), Vitamin B2: 0.54mg (31.54%), Fiber: 6.73g (26.91%), Folate: 100.46µg (25.12%), Potassium: 579.04mg (16.54%), Iron: 2.55mg (14.16%), Magnesium: 53.26mg (13.31%), Vitamin B6: 0.26mg (12.91%), Vitamin B1: 0.18mg (12.33%), Vitamin E: 1.74mg (11.61%), Phosphorus: 92.17mg (9.22%), Vitamin B3: 1.84mg (9.22%), Copper: 0.1mg (4.83%), Zinc: 0.65mg (4.32%), Selenium: 1.52µg (2.17%), Vitamin B5: 0.19mg (1.86%)