



Chinese-style kale



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



107 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 1 large garlic clove sliced
- ☐ 200 g kale
- ☐ 1 tbsp soya sauce
- ☐ 1 tbsp oyster sauce

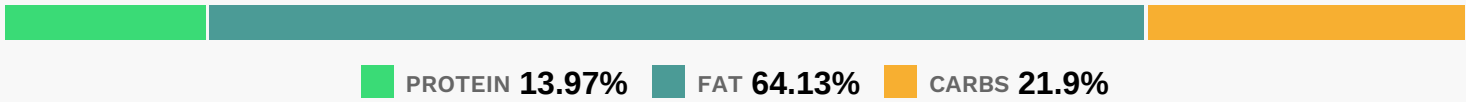
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat the oil in a large wok or frying pan, then tip in the garlic and cook for a few secs. Throw in the kale and toss around the pan to coat in the garlicky oil.
- ☐ Pour over 100ml boiling water and cook for 7 mins more until the kale has wilted and is cooked through.
- ☐ Stir in the soy and oyster sauces and heat through to serve.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.31, Inflammation Score:-10, Nutrition Score:21.774782471035%

Flavonoids

Isorhamnetin: 23.6mg, Isorhamnetin: 23.6mg, Isorhamnetin: 23.6mg, Isorhamnetin: 23.6mg Kaempferol: 46.8mg, Kaempferol: 46.8mg, Kaempferol: 46.8mg, Kaempferol: 46.8mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 22.61mg, Quercetin: 22.61mg, Quercetin: 22.61mg, Quercetin: 22.61mg

Nutrients (% of daily need)

Calories: 107.34kcal (5.37%), Fat: 8.33g (12.81%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 6.4g (2.13%), Net Carbohydrates: 2.17g (0.79%), Sugar: 0.97g (1.08%), Cholesterol: 0mg (0%), Sodium: 801.7mg (34.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.17%), Vitamin K: 402.53µg (383.36%), Vitamin A: 9990.13IU (199.8%), Vitamin C: 93.88mg (113.79%), Manganese: 0.73mg (36.69%), Calcium: 261.39mg (26.14%), Vitamin B2: 0.37mg (21.97%), Fiber: 4.23g (16.92%), Folate: 65.01µg (16.25%), Potassium: 377.95mg (10.8%), Iron: 1.86mg (10.32%), Magnesium: 37.33mg (9.33%), Vitamin B6: 0.19mg (9.25%), Vitamin B3: 1.68mg (8.39%), Vitamin B1: 0.12mg (8.15%), Vitamin E: 1.22mg (8.12%), Phosphorus: 70.97mg (7.1%), Copper: 0.08mg (4.14%), Zinc: 0.45mg (3.03%), Selenium: 1.58µg (2.26%), Vitamin B5: 0.14mg (1.35%)