



WHATSheATE



Collard Green Salad with Cashews and Lime

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



349 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 fillet anchovy packed in oil, drained, finely chopped
- ☐ 0.5 bunch collard greens
- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup olive oil
- ☐ 4 tablespoons pecorino cheese divided finely grated shaved for serving
- ☐ 1 teaspoon peppercorns crushed plus more for serving
- ☐ 1 cup roasted cashews unsalted divided

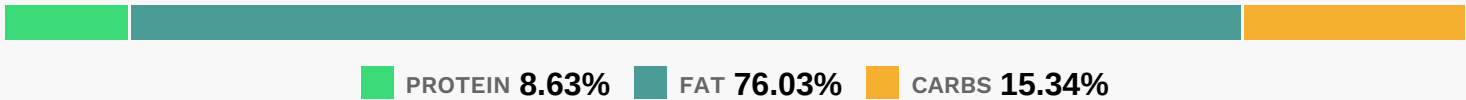
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Process 1/2 cup cashews, 2 tablespoons grated Pecorino, and 3 tablespoons water in a foodprocessor, thinning with more water asneeded, until a smooth, creamy pasteforms; season with salt and black pepper.Set cashew paste aside.
- ☐ Whisk anchovy, oil, lime juice, 1 teaspoon pinkpeppercorns, and 2 tablespoons grated Pecorino in a large bowl; season with salt and blackpepper. Coarsely chop remaining 1/2 cupcashews.
- ☐ Add nuts and collard greens tolarge bowl and toss to coat, gentlymassaging dressing into leaves with yourfingers to bruise and slightly wilt.
- ☐ Spread some reserved cashew pasteonto each plate and top with saladand shaved Pecorino; sprinkle with morecrushed pink peppercorns.
- ☐ Tuscan kale

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:16.652608640168%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 349.08kcal (17.45%), Fat: 30.98g (47.66%), Saturated Fat: 5.9g (36.87%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 11.76g (4.28%), Sugar: 2g (2.22%), Cholesterol: 5.8mg (1.93%), Sodium: 71.22mg (3.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.81%), Vitamin K: 125.92µg (119.92%), Copper: 0.79mg (39.64%), Manganese: 0.6mg (29.76%), Magnesium: 100.57mg (25.14%), Vitamin A: 1223.58IU (24.47%), Phosphorus: 216.45mg (21.64%), Vitamin E: 2.84mg (18.95%), Zinc: 2.13mg (14.23%), Folate: 55.66µg (13.92%), Iron: 2.44mg (13.54%), Calcium: 131.68mg (13.17%), Vitamin C: 10.63mg (12.89%), Fiber: 2.31g (9.24%), Potassium: 277.09mg (7.92%), Selenium: 5.47µg (7.82%), Vitamin B2: 0.12mg (7.28%), Vitamin B6: 0.14mg (6.94%), Vitamin B1: 0.09mg (5.79%), Vitamin B5: 0.53mg (5.34%), Vitamin B3: 0.82mg (4.12%), Vitamin B12: 0.06µg (1.04%)