



## Cook the Book: Kale Salad with Toasted Coconut

 Vegetarian  Vegan  Dairy Free  Popular

READY IN



15 min.

SERVINGS



4

CALORIES



736 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups farro whole cooked
- 1.5 cups coconut flakes unsweetened
- 0.3 cup olive oil extra virgin extra-virgin
- 1 teaspoon sesame oil toasted
- 2 tablespoons soya sauce

### Equipment

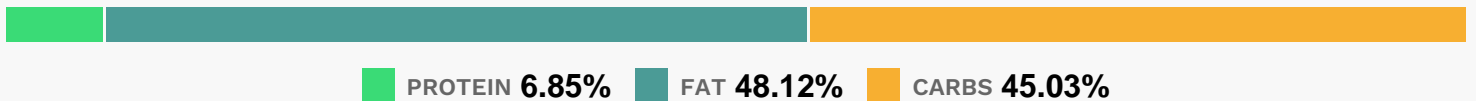
- bowl

- baking sheet
- oven
- whisk

## Directions

- Preheat the oven to 350°F / 180°C with two racks in the top third of the oven.
- In a small bowl or jar, whisk or shake together the olive oil, sesame oil, and shoyu.
- Put the kale and coconut in a large bowl and toss well with about two-thirds of the olive oil mixture.
- Spread the kale evenly across two baking sheets.
- Bake for 12 to 18 minutes, until the coconut is deeply golden brown, tossing once or twice along the way. If the kale mixture on the top baking sheet begins to get too browned, move it to the lower rack.
- Remove from the oven and transfer the kale mixture to a medium bowl. Taste. If you feel it needs a bit more dressing, add some and toss.
- Place the farro on a serving platter and top with the tossed kale.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:3.75, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:22.102174105852%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 735.73kcal (36.79%), Fat: 40.74g (62.67%), Saturated Fat: 21.1g (131.93%), Carbohydrates: 85.76g (28.59%), Net Carbohydrates: 64.89g (23.6%), Sugar: 3.3g (3.66%), Cholesterol: 0mg (0%), Sodium: 523.89mg (22.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.05g (26.1%), Manganese: 2.24mg (112.09%), Fiber: 20.87g (83.47%), Selenium: 43.67µg (62.38%), Copper: 0.69mg (34.29%), Phosphorus: 298.36mg (29.84%), Magnesium: 111.29mg (27.82%), Vitamin B3: 5.15mg (25.76%), Iron: 3.87mg (21.52%), Zinc: 2.81mg (18.73%), Vitamin

B6: 0.37mg (18.68%), Vitamin E: 2.77mg (18.44%), Vitamin B1: 0.22mg (14.36%), Potassium: 472.34mg (13.5%),  
Vitamin K: 13.27µg (12.64%), Vitamin B2: 0.16mg (9.39%), Folate: 27.49µg (6.87%), Vitamin B5: 0.57mg (5.71%),  
Calcium: 39.27mg (3.93%)