



Creamy Kale Salad

 Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



483 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 cups kale chopped (ribs removed)
- 1 lemon zest juiced
- 0.3 cup mayonnaise
- 0.5 cup yogurt plain greek-style
- 3 tablespoons raisins
- 0.3 cup onion red chopped
- 2 teaspoons sugar
- 3 tablespoons sunflower seeds

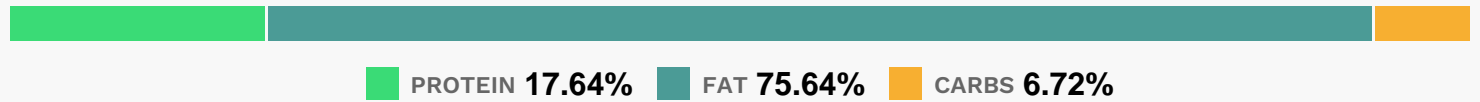
Equipment

- bowl
- whisk

Directions

- Mix kale, red onion, and raisins in a large bowl.
- Whisk yogurt, mayonnaise, sugar, lemon zest, and lemon juice together in a bowl; pour over the kale mixture and toss to coat. Refrigerate 2 hours to overnight.
- Sprinkle sunflower seeds over the salad and toss to serve.

Nutrition Facts



Properties

Glycemic Index:28.24, Glycemic Load:3.28, Inflammation Score:-2, Nutrition Score:12.168260931969%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 483.25kcal (24.16%), Fat: 40.87g (62.88%), Saturated Fat: 15.97g (99.8%), Carbohydrates: 8.16g (2.72%), Net Carbohydrates: 7.3g (2.65%), Sugar: 1.79g (1.99%), Cholesterol: 92.29mg (30.76%), Sodium: 113.81mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.45g (42.89%), Selenium: 23.68µg (33.83%), Zinc: 4.84mg (32.26%), Vitamin B12: 1.93µg (32.16%), Vitamin B6: 0.51mg (25.61%), Vitamin B3: 4.91mg (24.57%), Phosphorus: 190.93mg (19.09%), Vitamin B2: 0.31mg (18.27%), Iron: 2.31mg (12.84%), Vitamin K: 13.2µg (12.58%), Vitamin B1: 0.16mg (10.45%), Vitamin E: 1.55mg (10.35%), Potassium: 356.02mg (10.17%), Magnesium: 36.04mg (9.01%), Copper: 0.16mg (8.08%), Manganese: 0.1mg (4.81%), Folate: 14.5µg (3.63%), Fiber: 0.87g (3.48%), Calcium: 32.93mg (3.29%), Vitamin C: 1.69mg (2.05%), Vitamin D: 0.25µg (1.67%), Vitamin B5: 0.11mg (1.07%)