



Crispy Kale with Lemon-Yogurt Dip



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 garlic cloves minced
- ☐ 1 cup greek yogurt plain fat-free
- ☐ 1 pound curly kale
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 40 servings salt and pepper freshly ground

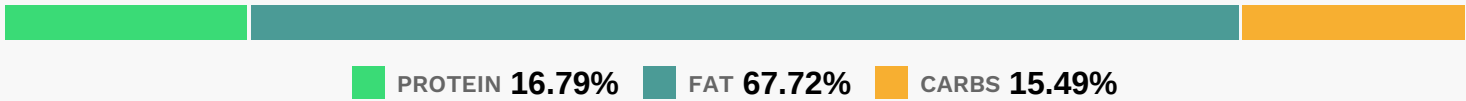
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 37
- ☐ In a bowl, toss the kale with all but 1 tablespoon of the olive oil and half of the garlic.
- ☐ Spread the kale on 2 baking sheets and roast in the upper and lower thirds of the oven for about 15 minutes, until crisp; shift the pans from top to bottom halfway through. Season the kale with salt and pepper and transfer to a large platter.
- ☐ In a small bowl, whisk the yogurt with the lemon zest and juice and the remaining garlic and 1 tablespoon of oil. Season with salt and pepper.
- ☐ Serve with the roasted kale.

Nutrition Facts



Properties

Glycemic Index:1.55, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:4.5813044011593%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 19.36kcal (0.97%), Fat: 1.54g (2.37%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.28g (0.31%), Cholesterol: 0.25mg (0.08%), Sodium: 201.66mg (8.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin K: 45.04µg (42.9%), Vitamin A: 1133.13IU (22.66%), Vitamin C: 10.99mg (13.32%), Manganese: 0.08mg (3.91%), Calcium: 34.87mg (3.49%), Vitamin B2: 0.05mg (3.16%), Fiber: 0.48g (1.9%), Folate: 7.54µg (1.89%), Vitamin E: 0.27mg (1.81%), Potassium: 48.02mg (1.37%), Phosphorus: 13.33mg (1.33%), Vitamin B6: 0.02mg (1.11%), Iron: 0.2mg (1.1%), Magnesium: 4.39mg (1.1%)