



 **66%**
HEALTH SCORE

Crunchy Kale Salad with Walnuts and Pecorino

 **Gluten Free**  **Very Healthy**

READY IN



15 min.

SERVINGS



4

CALORIES



303 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup currants dried
- 2 tablespoons basil fresh finely sliced
- 1 juice of lemon juiced
- 4 cups kale finely julienned cleaned
- 4 servings kosher salt and freshly cracked pepper black
- 0.3 cup olive oil extra-virgin
- 0.5 cup pecorino cheese shaved for garnish

2 cups radicchio thinly finely julienned cleaned

0.5 cup walnuts toasted

Equipment

mixing bowl

Directions

Watch how to make this recipe.

Toss the kale and radicchio with about half of the oil, lemon juice and zest in a large glass mixing bowl.

Let stand about 2 minutes.

Add the Pecorino, currants, basil and the remaining oil, lemon juice and zest. Thoroughly mix. Season with salt and pepper. Set aside.

Fold in the walnuts just before serving and top the salad with a pile of Pecorino.

Nutrition Facts

 PROTEIN **9.38%**  FAT **75.84%**  CARBS **14.78%**

Properties

Glycemic Index:43.5, Glycemic Load:1.99, Inflammation Score:-10, Nutrition Score:16.299999979527%

Flavonoids

Cyanidin: 25.79mg, Cyanidin: 25.79mg, Cyanidin: 25.79mg, Cyanidin: 25.79mg Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 7.61mg, Luteolin: 7.61mg, Luteolin: 7.61mg, Luteolin: 7.61mg Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg Kaempferol: 9.83mg, Kaempferol: 9.83mg, Kaempferol: 9.83mg, Kaempferol: 9.83mg Quercetin: 11.07mg, Quercetin: 11.07mg, Quercetin: 11.07mg, Quercetin: 11.07mg

Nutrients (% of daily need)

Calories: 303.29kcal (15.16%), Fat: 26.81g (41.25%), Saturated Fat: 4.96g (31%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 9.3g (3.38%), Sugar: 6.56g (7.29%), Cholesterol: 13mg (4.33%), Sodium: 363.87mg (15.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.93%), Vitamin K: 146.14µg (139.18%), Vitamin A:

2217.87IU (44.36%), Manganese: 0.72mg (36.14%), Vitamin C: 24.91mg (30.19%), Calcium: 214.87mg (21.49%),
Vitamin E: 2.69mg (17.97%), Phosphorus: 175.22mg (17.52%), Copper: 0.35mg (17.38%), Folate: 43.31µg (10.83%),
Magnesium: 42.1mg (10.52%), Fiber: 2.46g (9.82%), Vitamin B2: 0.16mg (9.49%), Potassium: 289.51mg (8.27%),
Vitamin B6: 0.16mg (8.15%), Iron: 1.26mg (6.98%), Zinc: 1.03mg (6.84%), Vitamin B1: 0.1mg (6.53%), Selenium: 2.97µg
(4.25%), Vitamin B3: 0.63mg (3.17%), Vitamin B12: 0.14µg (2.33%), Vitamin B5: 0.23mg (2.25%)