



Crunchy Kale Salad with Yogurt Vinaigrette

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



327 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bunch kale with stems removed
- 0.3 cup olive oil
- 0.3 teaspoon salt
- 0.3 cup olive oil
- 0.3 cup vanilla yogurt
- 2 tablespoons red wine vinegar
- 1 tablespoon juice of lemon
- 2 teaspoons dijon mustard coarse-grained

- 1 teaspoon garlic finely chopped
- 0.3 cup cereal
- 0.3 cup cranberries dried

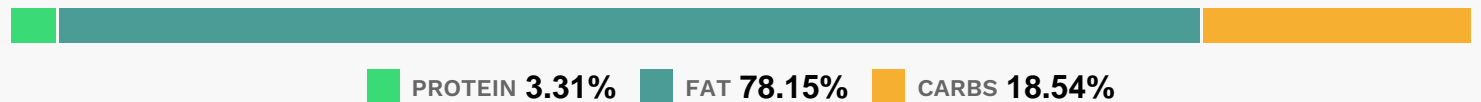
Equipment

- food processor
- bowl
- blender

Directions

- In large bowl, mix kale, 1/4 cup olive oil and the salt. Massage with your hands 2 to 3 minutes or until kale softens slightly.
- In blender or food processor, place Yogurt Vinaigrette ingredients. Cover; blend or process until smooth.
- Divide kale among 4 plates.
- Drizzle with vinaigrette; top with granola and dried cranberries. Pass any remaining dressing.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.11, Inflammation Score:-9, Nutrition Score:14.970434805621%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg Kaempferol: 15.21mg, Kaempferol: 15.21mg, Kaempferol: 15.21mg, Kaempferol: 15.21mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg

Nutrients (% of daily need)

Calories: 326.91kcal (16.35%), Fat: 29.23g (44.97%), Saturated Fat: 4.09g (25.57%), Carbohydrates: 15.61g (5.2%), Net Carbohydrates: 13.34g (4.85%), Sugar: 9.57g (10.63%), Cholesterol: 0.77mg (0.26%), Sodium: 204.37mg (8.89%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.78g (5.57%), Vitamin K: 143.98µg (137.12%), Vitamin A: 3255.4IU (65.11%), Vitamin C: 32.23mg (39.07%), Vitamin E: 4.57mg (30.49%), Manganese: 0.47mg (23.32%), Calcium: 119.94mg (11.99%), Vitamin B2: 0.16mg (9.56%), Fiber: 2.27g (9.06%), Phosphorus: 66.32mg (6.63%), Folate: 25.37µg (6.34%), Iron: 1.13mg (6.3%), Magnesium: 22.33mg (5.58%), Potassium: 193.78mg (5.54%), Vitamin B1: 0.07mg (4.99%), Selenium: 3.37µg (4.81%), Vitamin B6: 0.08mg (3.97%), Zinc: 0.44mg (2.95%), Vitamin B3: 0.54mg (2.68%), Copper: 0.05mg (2.58%), Vitamin B5: 0.19mg (1.91%), Vitamin B12: 0.09µg (1.44%)