



Curly Kale Salad with Sesame-Soy Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



132 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large garlic clove minced
- 12 ounces curly kale cut into slender ribbons
- 2 tablespoons soya sauce reduced-sodium
- 2 tbsp nutritional yeast
- 0.5 cup onion paper-thin red rinsed drained cut into slivers, and
- 4 teaspoons rice vinegar
- 4 teaspoons sesame oil toasted
- 3 tablespoons sesame seed

1 teaspoon sugar

Equipment

bowl

frying pan

whisk

Directions

Toast sesame seeds in a frying pan over medium heat, stirring often, until golden, 3 to 5 minutes.

Scrape into a small bowl.

Whisk garlic, 2 tbsp. nutritional yeast, the soy sauce, sugar, vinegar, and sesame oil in a large bowl.

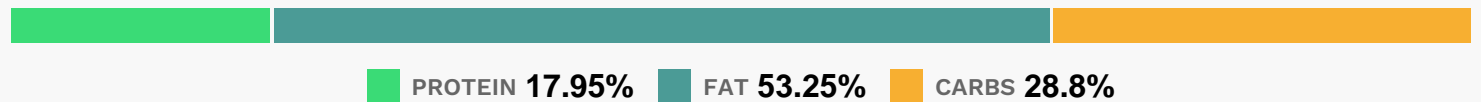
Add kale and red onion and toss to coat.

Sprinkle with sesame seeds, toss again, and serve.

Add more yeast if you like.

*Find nutritional yeast at natural-foods and well-stocked grocery stores.

Nutrition Facts



Properties

Glycemic Index:61.02, Glycemic Load:1.51, Inflammation Score:-10, Nutrition Score:23.327826090481%

Flavonoids

Isorhamnetin: 21.07mg, Isorhamnetin: 21.07mg, Isorhamnetin: 21.07mg, Isorhamnetin: 21.07mg Kaempferol: 39.93mg, Kaempferol: 39.93mg, Kaempferol: 39.93mg, Kaempferol: 39.93mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 23.28mg, Quercetin: 23.28mg, Quercetin: 23.28mg, Quercetin: 23.28mg

Nutrients (% of daily need)

Calories: 132kcal (6.6%), Fat: 8.46g (13.01%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 10.29g (3.43%), Net Carbohydrates: 4.74g (1.72%), Sugar: 2.59g (2.88%), Cholesterol: 0mg (0%), Sodium: 334.77mg (14.56%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.83%), Vitamin K: 332.33µg (316.5%), Vitamin A: 8497.36IU (169.95%), Vitamin C: 81.15mg (98.36%), Manganese: 0.78mg (39.16%), Calcium: 283.19mg (28.32%), Fiber: 5.54g (22.18%), Vitamin B2: 0.34mg (19.74%), Folate: 65.89µg (16.47%), Copper: 0.3mg (15.22%), Iron: 2.62mg (14.58%), Magnesium: 56.88mg (14.22%), Potassium: 459.54mg (13.13%), Vitamin B6: 0.22mg (10.93%), Vitamin B1: 0.16mg (10.5%), Phosphorus: 104.94mg (10.49%), Vitamin B3: 1.39mg (6.97%), Zinc: 0.9mg (6.02%), Vitamin E: 0.67mg (4.46%), Selenium: 3.11µg (4.44%), Vitamin B5: 0.14mg (1.35%)