




 **86%**
HEALTH SCORE

Dawn's Kale Side Dish


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




30 min.

SERVINGS



8

CALORIES



125 kcal

SIDE DISH

Ingredients

- 5 large garlic cloves
- 1 bunch kale
- 3 tablespoons olive oil divided
- 1 onion minced
- 0.5 cup cashew pieces salted
- 8 servings sea salt to taste
- 1 bunch pkt spinach fresh
- 8 servings pepper white to taste

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Combine the cashews and 1 tablespoon olive oil in a bowl; toss to coat the cashews in the oil.
- Spread onto a baking sheet.
- Toast the cashews in the preheated oven until golden brown and fragrant, shaking the baking sheet occasionally, 5 to 10 minutes. Watch carefully so they don't burn. Set aside.
- Heat the 2 tablespoons olive oil in a skillet. Cook and stir the onion in the hot oil until the onion softens, about 5 minutes. Stir the garlic into the onion, and cook for 1 minute more before stirring the kale into the onion and garlic mixture.
- Place a cover on the skillet and cook, stirring occasionally, until the kale softens, about 7 minutes. Stir the spinach into the mixture, season with the sea salt and white pepper, and continue cooking until the spinach wilts, about 3 minutes. Toss the cashews with the mixture to serve.

Nutrition Facts

 **PROTEIN 10.35%**  **FAT 64.86%**  **CARBS 24.79%**

Properties

Glycemic Index:15.13, Glycemic Load:0.67, Inflammation Score:-10, Nutrition Score:18.553043427675%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 4.52mg, Isorhamnetin: 4.52mg, Isorhamnetin: 4.52mg, Isorhamnetin: 4.52mg Kaempferol: 10.41mg, Kaempferol: 10.41mg, Kaempferol: 10.41mg, Kaempferol: 10.41mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg

Nutrients (% of daily need)

Calories: 125.24kcal (6.26%), Fat: 9.69g (14.91%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 8.34g (2.78%), Net Carbohydrates: 5.68g (2.07%), Sugar: 1.34g (1.49%), Cholesterol: 0mg (0%), Sodium: 291.85mg (12.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin K: 274.87µg (261.78%), Vitamin A: 5609.04IU (112.18%), Vitamin C: 29.14mg (35.32%), Manganese: 0.69mg (34.73%), Folate: 101.3µg (25.33%), Magnesium: 64.85mg (16.21%), Copper: 0.28mg (14.16%), Iron: 2.3mg (12.8%), Vitamin E: 1.81mg (12.06%), Fiber: 2.66g (10.62%), Potassium: 371.22mg (10.61%), Calcium: 99.23mg (9.92%), Vitamin B2: 0.16mg (9.54%), Vitamin B6: 0.17mg (8.52%), Phosphorus: 82.1mg (8.21%), Zinc: 0.84mg (5.58%), Vitamin B1: 0.08mg (5.28%), Vitamin B3: 0.65mg (3.26%), Selenium: 1.97µg (2.82%), Vitamin B5: 0.17mg (1.75%)