



HEALTH SCORE

60%

Dinosaur Kale with Baby Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

Ingredients

- ☐ 2 cups chicken stock see for vegan option (use vegetable stock)
- ☐ 2 cups water
- ☐ 1 pound baby potatoes of various colors
- ☐ 3 tablespoons olive oil extra virgin divided
- ☐ 1 pound swiss chard chopped
- ☐ 3 garlic cloves chopped
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 4 servings salt and pepper black

- ☐ 4 servings lemon zest grated
- ☐ 4 servings juice of lemon to taste

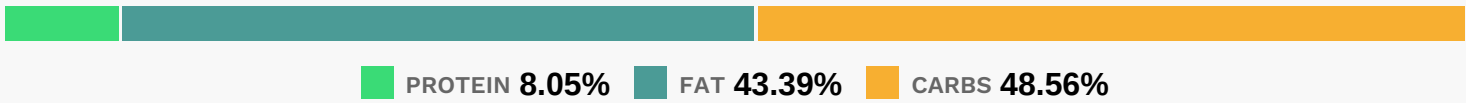
Equipment

- ☐ frying pan

Directions

- ☐ Boil the potatoes: Bring the stock and water to a boil and add the potatoes. Turn the heat down to simmer gently until the potatoes are tender, about 20–30 minutes.
- ☐ Drain (you can reserve the stock and water to cook rice or polenta with later) and coat the potatoes with 1 tablespoon olive oil. Salt well and set aside.
- ☐ Stir-fry kale, add garlic, red pepper flakes:
- ☐ Heat the remaining olive oil in a large sauté pan over medium–high heat for 1–2 minutes.
- ☐ Add the kale and turn to coat with the oil as it wilts.
- ☐ Add the garlic and toss to combine, then add the red pepper flakes and some salt and black pepper. Stir-fry this for 2 minutes, then turn off the heat and cover the pan. Wait 2–4 minutes before uncovering.
- ☐ To serve, mix the lemon zest with the kale.
- ☐ Lay down a "nest" of kale on the plate and arrange the baby potatoes in the center. Squeeze some lemon juice over everything right as you serve.

Nutrition Facts



Properties

Glycemic Index:47.69, Glycemic Load:16.16, Inflammation Score:-10, Nutrition Score:23.315217640089%

Flavonoids

Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Kaempferol: 7.49mg, Kaempferol: 7.49mg, Kaempferol: 7.49mg, Kaempferol: 7.49mg Myricetin: 3.55mg, Myricetin: 3.55mg, Myricetin: 3.55mg, Myricetin: 3.55mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 214.66kcal (10.73%), Fat: 10.89g (16.76%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 27.43g (9.14%), Net Carbohydrates: 22.96g (8.35%), Sugar: 3.55g (3.94%), Cholesterol: 0mg (0%), Sodium: 920.85mg (40.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.09%), Vitamin K: 949.85µg (904.62%), Vitamin A: 7226.24IU (144.52%), Vitamin C: 63.12mg (76.51%), Manganese: 0.63mg (31.53%), Magnesium: 120.8mg (30.2%), Potassium: 934.56mg (26.7%), Vitamin E: 3.74mg (24.93%), Vitamin B6: 0.48mg (24.23%), Fiber: 4.47g (17.86%), Copper: 0.36mg (17.75%), Iron: 3.06mg (17%), Phosphorus: 121.84mg (12.18%), Vitamin B1: 0.14mg (9.64%), Folate: 37.15µg (9.29%), Vitamin B2: 0.14mg (8.49%), Vitamin B3: 1.69mg (8.47%), Calcium: 80.87mg (8.09%), Vitamin B5: 0.57mg (5.66%), Zinc: 0.79mg (5.26%), Selenium: 1.72µg (2.46%)