



Fizz Kale Salad with Roasted Garlic-Bacon Dressing and Beets

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 applewood-smoked bacon thick chopped
- ☐ 6 ounces baby striped beets (such as Chioggia)
- ☐ 6 ounces baby beets red
- ☐ 6 ounces baby beets yellow
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 garlic head whole
- ☐ 1 tablespoon heavy cream

- ☐ 4 cups fizz kale
- ☐ 0.3 teaspoon kosher salt
- ☐ 4 cups destemmed lacinato/dinosaur kale
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon red wine vinegar
- ☐ 1 tablespoon water

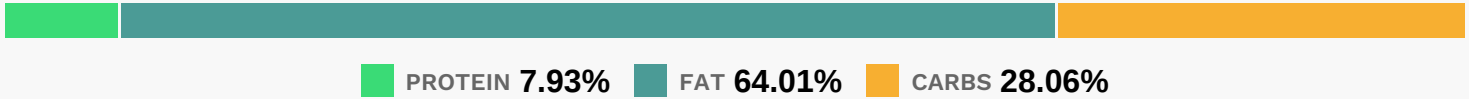
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350
- ☐ Remove white papery skin from garlic head (do not peel or separate cloves). Wrap head in foil. Arrange yellow beets on a large sheet of foil; wrap tightly. Repeat procedure with red and striped beets.
- ☐ Bake garlic and beets at 350 for 1 hour or until beets are tender; cool 10 minutes. Separate garlic cloves; squeeze to extract garlic pulp. Discard skins.
- ☐ Combine garlic pulp, oil, and next 6 ingredients (through pepper) in a small bowl, stirring with a whisk.
- ☐ Place kale in a large bowl.
- ☐ Heat a medium skillet over medium heat; add bacon. Cook 5 minutes or until crisp, stirring occasionally. Increase heat to high. Stir in garlic mixture; remove from heat.
- ☐ Pour hot bacon mixture over kale, tossing to coat.
- ☐ Peel beets; discard skins.
- ☐ Cut beets in half. Arrange over kale mixture.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:3.77, Inflammation Score:-10, Nutrition Score:14.96130426552%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 6.61mg, Isorhamnetin: 6.61mg, Isorhamnetin: 6.61mg, Isorhamnetin: 6.61mg Kaempferol: 13.11mg, Kaempferol: 13.11mg, Kaempferol: 13.11mg, Kaempferol: 13.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

Nutrients (% of daily need)

Calories: 133.43kcal (6.67%), Fat: 9.93g (15.27%), Saturated Fat: 2.1g (13.15%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 6.23g (2.27%), Sugar: 6.08g (6.76%), Cholesterol: 5.24mg (1.75%), Sodium: 203.47mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Vitamin K: 113.81µg (108.39%), Vitamin A: 2863.95IU (57.28%), Vitamin C: 30.98mg (37.55%), Folate: 110.44µg (27.61%), Manganese: 0.48mg (24.23%), Fiber: 3.56g (14.26%), Potassium: 388.3mg (11.09%), Calcium: 88.17mg (8.82%), Vitamin E: 1.27mg (8.46%), Vitamin B2: 0.14mg (8.22%), Magnesium: 29.82mg (7.45%), Iron: 1.21mg (6.71%), Vitamin B6: 0.12mg (5.79%), Phosphorus: 57.21mg (5.72%), Vitamin B1: 0.07mg (4.67%), Copper: 0.08mg (4.19%), Vitamin B3: 0.77mg (3.85%), Zinc: 0.46mg (3.1%), Selenium: 1.74µg (2.48%), Vitamin B5: 0.19mg (1.9%)