



Garlic Kale Quinoa



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



2

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 1 clove garlic minced
- ☐ 2 servings salt and ground pepper black to taste
- ☐ 1 cup kale chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup quinoa
- ☐ 0.3 teaspoon sesame oil
- ☐ 0.7 cup water

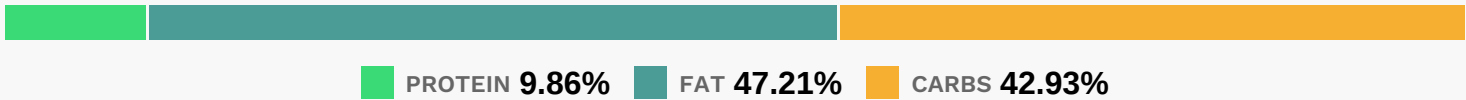
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring 2/3 cup water and quinoa to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 15 to 20 minutes.
- ☐ Heat olive oil in a skillet over medium heat; saute kale and garlic in the hot oil until kale is wilted, about 5 minutes. Season with salt and pepper.
- ☐ Stir quinoa into kale mixture and add sesame oil; cook until flavors blend, about 5 more minutes.
- ☐ Add 1 tablespoon water to mixture to keep from sticking.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:10.613913079967%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg Kaempferol: 4.92mg, Kaempferol: 4.92mg, Kaempferol: 4.92mg, Kaempferol: 4.92mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 176.73kcal (8.84%), Fat: 9.39g (14.44%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 16.73g (6.08%), Sugar: 0.1g (0.11%), Cholesterol: 0mg (0%), Sodium: 11.34mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.83%), Vitamin K: 45.42µg (43.26%), Manganese: 0.68mg (34.15%), Vitamin A: 1053.6IU (21.07%), Magnesium: 60.62mg (15.15%), Folate: 58.71µg (14.68%), Phosphorus: 137.71mg (13.77%), Vitamin C: 10.27mg (12.45%), Vitamin E: 1.78mg (11.85%), Fiber: 2.47g (9.88%), Copper: 0.19mg (9.56%), Vitamin B6: 0.17mg (8.62%), Iron: 1.54mg (8.54%), Vitamin B1: 0.12mg (7.8%), Vitamin B2: 0.13mg (7.55%), Zinc: 0.95mg (6.31%), Potassium: 203.47mg (5.81%), Calcium: 45.58mg (4.56%), Selenium: 2.72µg (3.89%), Vitamin B3: 0.57mg (2.83%), Vitamin B5: 0.24mg (2.39%)