



Garlic-Roasted Kale



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



24 min.

SERVINGS



4

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 1 garlic clove thinly sliced
- ☐ 10 ounces kale chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 3.5 teaspoons olive oil extra-virgin
- ☐ 1 teaspoon sherry vinegar

Equipment

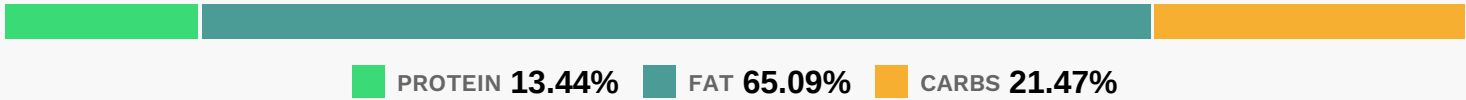
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ baking spatula

Directions

- ☐ Arrange oven racks in center and lower third of oven. Preheat oven to 42
- ☐ Place a large jelly-roll pan in oven for 5 minutes.
- ☐ Combine first 4 ingredients in a large bowl; toss to coat.
- ☐ Place kale mixture on hot pan, spreading with a silicone spatula to separate leaves.
- ☐ Bake at 425 for 7 minutes. Stir kale.
- ☐ Bake an additional 5 minutes or until edges of leaves are crisp and kale is tender.
- ☐ Place kale in a large bowl.
- ☐ Drizzle with vinegar; toss to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.14, Inflammation Score:-10, Nutrition Score:17.868695614131%

Flavonoids

Isorhamnetin: 16.73mg, Isorhamnetin: 16.73mg, Isorhamnetin: 16.73mg, Isorhamnetin: 16.73mg Kaempferol: 33.17mg, Kaempferol: 33.17mg, Kaempferol: 33.17mg, Kaempferol: 33.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 16.02mg, Quercetin: 16.02mg, Quercetin: 16.02mg, Quercetin: 16.02mg

Nutrients (% of daily need)

Calories: 57.1kcal (2.86%), Fat: 4.56g (7.02%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 0.46g (0.17%), Sugar: 0.57g (0.64%), Cholesterol: 0mg (0%), Sodium: 183.2mg (7.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Vitamin K: 278.53µg (265.26%), Vitamin A: 7080.36IU (141.61%), Vitamin C: 66.44mg (80.53%), Manganese: 0.48mg (24.03%), Calcium: 181.58mg (18.16%), Vitamin B2: 0.25mg (14.52%), Fiber: 2.92g (11.69%), Folate: 43.96µg (10.99%), Potassium: 250.2mg (7.15%), Iron: 1.17mg (6.52%), Vitamin E: 0.97mg (6.48%), Magnesium: 23.63mg (5.91%), Vitamin B6: 0.11mg (5.67%), Vitamin B1: 0.08mg (5.44%), Vitamin B3: 0.84mg (4.21%), Phosphorus: 40.23mg (4.02%), Copper: 0.04mg (2%), Zinc: 0.29mg (1.91%), Selenium: 0.74µg (1.06%)