



 **83%**  
HEALTH SCORE

## Garlicky Kale

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



170 kcal

SIDE DISH

### Ingredients

- 3 tablespoons balsamic vinegar
- 1 clove garlic minced
- 1 bunch kale chopped
- 2 servings olive oil

### Equipment

- pot

## Directions

- Heat the olive oil in a large pot over medium heat.
- Add the kale and cover. Stir occasionally until the volume of the kale is reduced by half. Uncover.
- Add garlic and balsamic. Allow to cook for about another 30 seconds or so, mixing well so that the garlic and vinegar are well distributed.
- Serve hot.

## Nutrition Facts

 **PROTEIN 4.88%**  **FAT 77.89%**  **CARBS 17.23%**

## Properties

Glycemic Index: 56, Glycemic Load: 2.25, Inflammation Score: -10, Nutrition Score: 17.924782608696%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg Kaempferol: 30.42mg, Kaempferol: 30.42mg, Kaempferol: 30.42mg, Kaempferol: 30.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.7mg, Quercetin: 14.7mg, Quercetin: 14.7mg, Quercetin: 14.7mg

## Taste

Sweetness: 27.53%, Saltiness: 0.27%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 169.87kcal (8.49%), Fat: 14.98g (23.04%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 4.76g (1.73%), Sugar: 4.12g (4.58%), Cholesterol: 0mg (0%), Sodium: 40.51mg (1.76%), Protein: 2.1g (4.22%), Vitamin K: 261.95µg (249.48%), Vitamin A: 6493.63IU (129.87%), Vitamin C: 61.18mg (74.16%), Manganese: 0.48mg (24.24%), Calcium: 174.44mg (17.44%), Vitamin E: 2.45mg (16.31%), Vitamin B2: 0.23mg (13.36%), Fiber: 2.7g (10.79%), Folate: 40.35µg (10.09%), Potassium: 259.24mg (7.41%), Iron: 1.32mg (7.32%), Magnesium: 24.71mg (6.18%), Vitamin B6: 0.11mg (5.71%), Vitamin B1: 0.08mg (5.1%), Phosphorus: 42.61mg (4.26%), Vitamin B3: 0.78mg (3.89%), Copper: 0.05mg (2.26%), Zinc: 0.29mg (1.93%), Selenium: 0.8µg (1.14%)