



 **93%**  
HEALTH SCORE

## Garlicky Kale and Spinach Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



6

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 teaspoons balsamic vinegar
- 2 medium garlic clove peeled
- 1 bunch kale washed and tough stems removed ( 7 ounces)
- 0.5 cup olive oil
- 3 tablespoons pinenuts toasted
- 1 bunch pkt spinach washed and tough stems removed ( 5 ounces)

### Equipment

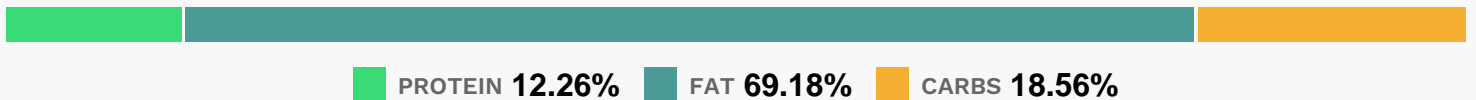
- food processor

- bowl
- pot
- spatula

## Directions

- Bring a large pot of salted water to a boil. Prepare an ice water bath by filling a bowl halfway with ice and water; set aside.
- Add kale and spinach to the boiling water and cook until wilted, about 2 minutes.
- Remove from the boiling water and plunge into the ice bath. Once the greens are cool, remove them from the ice bath, shake off any excess water, and place in the bowl of a food processor.
- Add garlic, pine nuts, and vinegar and, while puréeing, slowly pour in the olive oil. Continue puréeing, stopping to scrape down the sides of the bowl with a rubber spatula as necessary, until all of the oil is incorporated and the mixture is smooth, about 4 minutes. Season with salt and serve. Beverage pairing: Pewsey Vale Eden Valley Riesling, Australia. Not particularly known for its white wines, Australia can surprise with the quality of its dry Rieslings, which tend to work wonderfully with sharply flavored, savory foods. This one, loaded with forward floral and citrus flavors, will provide a stimulating counterpart to the garlic pinprick and creamy greens of the dip.

## Nutrition Facts



## Properties

Glycemic Index:24, Glycemic Load:0.66, Inflammation Score:-10, Nutrition Score:19.981739090837%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg Kaempferol: 13.76mg, Kaempferol: 13.76mg, Kaempferol: 13.76mg, Kaempferol: 13.76mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

## Nutrients (% of daily need)

Calories: 90.51kcal (4.53%), Fat: 7.57g (11.64%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 2.23g (0.81%), Sugar: 1.1g (1.22%), Cholesterol: 0mg (0%), Sodium: 57.36mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Vitamin K: 363.08µg (345.79%), Vitamin A: 7479.67IU (149.59%), Manganese: 1.11mg (55.61%), Vitamin C: 36.51mg (44.26%), Folate: 125.1µg (31.27%), Magnesium: 65.12mg (16.28%), Vitamin E: 2.28mg (15.19%), Iron: 2.22mg (12.33%), Potassium: 429.23mg (12.26%), Calcium: 114.68mg (11.47%), Vitamin B2: 0.19mg (11.45%), Fiber: 2.34g (9.36%), Vitamin B6: 0.16mg (7.97%), Copper: 0.16mg (7.75%), Phosphorus: 70.6mg (7.06%), Vitamin B1: 0.09mg (5.93%), Zinc: 0.72mg (4.81%), Vitamin B3: 0.89mg (4.46%), Selenium: 0.94µg (1.34%)