



Garlicky Kale Parmesan and Panko Salad

 **Gluten Free**  **Popular**

READY IN



45 min.

SERVINGS



8

CALORIES



153 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 tsp pepper red crushed
- 1 tsp dijon mustard
- 6 cloves garlic
- 0.5 cup bread crumbs gluten free panko style for (omit)
- 1 bunch kale washed and chopped into bite-sized pieces
- 2 tbsp juice of lemon freshly squeezed
- 2.5 tbsp mayonnaise
- 0.3 cup olive oil divided

- 0.3 cup parmesan divided grated
- 0.3 tsp pepper
- 0.5 tsp salt
- 1 Dash all the tabasco sauce you handle to taste
- 1 tbsp water
- 0.8 tsp worcestershire sauce

Equipment

- frying pan
- sauce pan
- mixing bowl
- blender

Directions

- Save Recipe
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- Garlicky Kale Parmesan and Panko Salad
- Ingredients1 bunch kale, washed and chopped into bite-sized pieces6–8 cloves garlic1/2 cup panko style breadcrumbs (omit for gluten free)1/3 cup + 1 tbsp olive oil, divided1/4 cup + 1 tbsp grated parmesan, divided2 1/2 tbsp mayonnaise2 tbsp freshly squeezed lemon juice1 tbsp water1 tsp dijon mustard3/4 tsp Worcestershire sauce1/2 tsp salt1/4 tsp pepper1/8 tsp crushed red pepper
- Dash of tabasco, to taste
- You will also need
- Blender, small saucepan, mixing bowls, frying pan
- Servings: 8 side servings
- Kosher Key: Dairy (Fish)

Nutrition Facts



■ PROTEIN 6.11% ■ FAT 77.73% ■ CARBS 16.16%

Properties

Glycemic Index:25.38, Glycemic Load:0.28, Inflammation Score:-8, Nutrition Score:8.1204348763694%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.84mg, Isorhamnetin: 3.84mg, Isorhamnetin: 3.84mg, Isorhamnetin: 3.84mg Kaempferol: 7.61mg, Kaempferol: 7.61mg, Kaempferol: 7.61mg, Kaempferol: 7.61mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 152.65kcal (7.63%), Fat: 13.51g (20.79%), Saturated Fat: 2.3g (14.34%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 5.35g (1.95%), Sugar: 0.42g (0.47%), Cholesterol: 3.94mg (1.31%), Sodium: 247.14mg (10.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin K: 76.06µg (72.44%), Vitamin A: 1661.53IU (33.23%), Vitamin C: 17.42mg (21.11%), Vitamin E: 1.57mg (10.49%), Calcium: 84.53mg (8.45%), Manganese: 0.16mg (7.88%), Vitamin B2: 0.07mg (4.25%), Fiber: 0.97g (3.86%), Phosphorus: 36.48mg (3.65%), Vitamin B6: 0.06mg (2.9%), Folate: 11.44µg (2.86%), Iron: 0.44mg (2.44%), Potassium: 80.19mg (2.29%), Selenium: 1.5µg (2.14%), Magnesium: 8.12mg (2.03%), Vitamin B1: 0.03mg (1.81%), Zinc: 0.19mg (1.28%), Vitamin B3: 0.23mg (1.16%), Copper: 0.02mg (1.05%)