



 **64%**
HEALTH SCORE

Garlicky Sautéed Kale

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



41 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup chicken stock see unsalted
- 1 tablespoon garlic sliced
- 8 cups destemmed lacinato/dinosaur kale packed
- 2 teaspoons olive oil
- 0.3 teaspoon salt

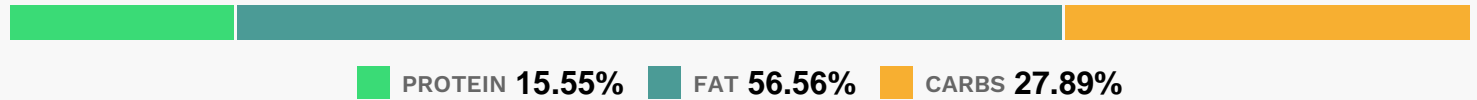
Equipment

- frying pan

Directions

- Combine garlic and olive oil in a large skillet over medium-high heat; cook 2 minutes or just until garlic begins to brown.
- Add kale; saut 2 minutes, tossing frequently. Stir in chicken stock, salt, and pepper; cover and cook 3 minutes on medium heat or just until kale wilts.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.24, Inflammation Score:-10, Nutrition Score:13.934347945711%

Flavonoids

Isorhamnetin: 9.91mg, Isorhamnetin: 9.91mg, Isorhamnetin: 9.91mg, Isorhamnetin: 9.91mg Kaempferol: 19.66mg, Kaempferol: 19.66mg, Kaempferol: 19.66mg, Kaempferol: 19.66mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.52mg, Quercetin: 9.52mg, Quercetin: 9.52mg, Quercetin: 9.52mg

Nutrients (% of daily need)

Calories: 41.07kcal (2.05%), Fat: 2.82g (4.34%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.59g (0.66%), Cholesterol: 0.45mg (0.15%), Sodium: 189.46mg (8.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.49%), Vitamin K: 165.27µg (157.4%), Vitamin A: 4197.11IU (83.94%), Vitamin C: 39.88mg (48.34%), Manganese: 0.33mg (16.33%), Calcium: 111.41mg (11.14%), Vitamin B2: 0.16mg (9.47%), Fiber: 1.8g (7.18%), Folate: 26.87µg (6.72%), Potassium: 171.64mg (4.9%), Vitamin B6: 0.1mg (4.8%), Iron: 0.76mg (4.23%), Vitamin E: 0.57mg (3.82%), Magnesium: 15.18mg (3.79%), Vitamin B1: 0.06mg (3.79%), Vitamin B3: 0.75mg (3.74%), Phosphorus: 30.41mg (3.04%), Copper: 0.04mg (1.91%), Selenium: 1µg (1.43%), Zinc: 0.21mg (1.4%)