



Greek-Style Kale Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup cucumber english chopped
- ☐ 1 ounce feta cheese crumbled
- ☐ 0.3 cup green onions sliced (2)
- ☐ 10 kalamata olives pitted quartered
- ☐ 4 cups torn kale leaves
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil

- ☐ 0.5 teaspoon sugar
- ☐ 2 cups torn swiss chard leaves

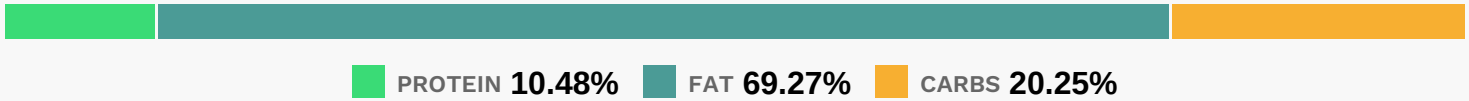
Equipment

- ☐ bowl

Directions

- ☐ Combine lemon juice, olive oil, sugar, and pepper in a bowl, stirring until sugar dissolves.
- ☐ Add kale and Swiss chard; toss.
- ☐ Let stand 10 minutes.
- ☐ Add English cucumber, feta cheese, green onions, and kalamata olives. Toss.

Nutrition Facts



Properties

Glycemic Index:37.52, Glycemic Load:0.46, Inflammation Score:-10, Nutrition Score:10.360434853512%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.3mg, Isorhamnetin: 3.3mg, Isorhamnetin: 3.3mg, Isorhamnetin: 3.3mg Kaempferol: 7.33mg, Kaempferol: 7.33mg, Kaempferol: 7.33mg, Kaempferol: 7.33mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 56.18kcal (2.81%), Fat: 4.64g (7.14%), Saturated Fat: 1.13g (7.03%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 1.82g (0.66%), Sugar: 1.06g (1.18%), Cholesterol: 4.21mg (1.4%), Sodium: 191.97mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Vitamin K: 167.52µg (159.55%), Vitamin A: 2239.46IU (44.79%), Vitamin C: 18.91mg (22.92%), Manganese: 0.18mg (8.97%), Calcium: 75.13mg (7.51%), Vitamin B2: 0.11mg (6.44%), Vitamin E: 0.95mg (6.34%), Fiber: 1.23g (4.92%), Magnesium: 19.49mg (4.87%), Folate: 16.48µg (4.12%), Potassium: 141.73mg (4.05%), Iron: 0.64mg (3.58%), Phosphorus: 35.57mg (3.56%), Vitamin B6: 0.07mg (3.28%), Copper: 0.05mg (2.58%), Vitamin B1: 0.04mg (2.47%), Zinc: 0.29mg (1.94%), Vitamin B3: 0.32mg (1.59%), Selenium:

1.09µg (1.56%), Vitamin B5: 0.13mg (1.34%), Vitamin B12: 0.08µg (1.33%)