



Grilled Kale, Fig and Apple Salad

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



277 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.7 cup olive oil
- 0.5 cup apple cider vinegar
- 0.3 cup honey
- 1 tablespoon balsamic vinegar
- 0.5 teaspoon salt
- 0.3 teaspoon pepper black freshly ground
- 2 bunches kale fresh
- 1 small head radicchio thinly halved

- 4 figs halved
- 2 apples sliced
- 2 teaspoons olive oil
- 1 teaspoon balsamic vinegar
- 0.3 cup hazelnuts toasted chopped
- 4 oz goat cheese crumbled

Equipment

- bowl
- paper towels
- sauce pan
- blender
- grill
- tongs

Directions

- Heat gas or charcoal grill.
- In blender, place Apple Vinaigrette ingredients. Cover; blend until thoroughly mixed. Set aside.
- Immerse kale leaves in saucepan of boiling water; cook 3 minutes.
- Remove kale; dry on paper towels.
- In large bowl, toss kale, radicchio, figs and apples with 2 teaspoons olive oil and 1 teaspoon balsamic vinegar.
- Using tongs, place kale leaves, radicchio halves, figs and apples on grill over medium heat. Cook kale and radicchio about 2 minutes or until edges are charred, turning once; cook figs and apples 3 to 5 minutes.
- Remove kale leaves from grill; arrange on serving platter. Chop radicchio; sprinkle over kale. Top with figs and apples.
- Sprinkle with hazelnuts and cheese.
- Serve salad with vinaigrette on the side.

Nutrition Facts

PROTEIN 8.71% FAT 43.36% CARBS 47.93%

Properties

Glycemic Index:60.71, Glycemic Load:14.1, Inflammation Score:-10, Nutrition Score:20.502608491027%

Flavonoids

Cyanidin: 33.2mg, Cyanidin: 33.2mg, Cyanidin: 33.2mg, Cyanidin: 33.2mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 4.75mg, Epicatechin: 4.75mg, Epicatechin: 4.75mg, Epicatechin: 4.75mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 9.6mg, Luteolin: 9.6mg, Luteolin: 9.6mg, Luteolin: 9.6mg Isorhamnetin: 10.23mg, Isorhamnetin: 10.23mg, Isorhamnetin: 10.23mg, Isorhamnetin: 10.23mg Kaempferol: 20.36mg, Kaempferol: 20.36mg, Kaempferol: 20.36mg, Kaempferol: 20.36mg Quercetin: 21.92mg, Quercetin: 21.92mg, Quercetin: 21.92mg, Quercetin: 21.92mg

Nutrients (% of daily need)

Calories: 277.37kcal (13.87%), Fat: 14.07g (21.65%), Saturated Fat: 3.95g (24.71%), Carbohydrates: 35g (11.67%), Net Carbohydrates: 30.03g (10.92%), Sugar: 28.69g (31.88%), Cholesterol: 8.69mg (2.9%), Sodium: 295.44mg (12.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.73%), Vitamin K: 240.53µg (229.08%), Vitamin A: 4612.53IU (92.25%), Vitamin C: 46.34mg (56.17%), Manganese: 0.79mg (39.6%), Fiber: 4.97g (19.87%), Copper: 0.38mg (19.14%), Vitamin E: 2.66mg (17.77%), Calcium: 166.3mg (16.63%), Vitamin B2: 0.27mg (16.15%), Folate: 54µg (13.5%), Potassium: 436.92mg (12.48%), Phosphorus: 111.2mg (11.12%), Vitamin B6: 0.22mg (11.03%), Iron: 1.81mg (10.08%), Magnesium: 39.36mg (9.84%), Vitamin B1: 0.13mg (8.58%), Zinc: 0.75mg (4.99%), Vitamin B3: 0.96mg (4.79%), Vitamin B5: 0.43mg (4.32%), Selenium: 1.51µg (2.15%)