



## Grilled-Kale Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.8 pound torn kale
- 1.5 tablespoons olive oil divided
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 1.5 tablespoons sherry vinegar

### Equipment

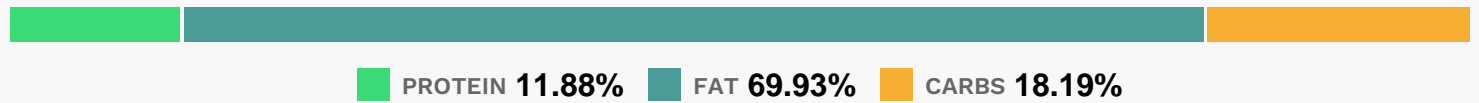
- bowl
- whisk

- grill
- ziploc bags

## Directions

- Combine kale, 1 tablespoon oil, salt, and pepper in a large zip-top heavy-duty plastic bag; seal bag, and shake to coat.
- Remove kale from bag, and place in a wire grilling basket coated with cooking spray. Prepare grill.
- Place grill basket on grill rack, and grill 5 minutes on each side or until kale begins to char around edges.
- Place kale in a large bowl.
- Combine remaining oil and vinegar; stir well with a wire whisk.
- Pour vinegar mixture over kale; toss well.
- Serve kale immediately.

## Nutrition Facts



## Properties

Glycemic Index:12.8, Glycemic Load:0.08, Inflammation Score:-10, Nutrition Score:17.473043457321%

## Flavonoids

Isorhamnetin: 16.06mg, Isorhamnetin: 16.06mg, Isorhamnetin: 16.06mg, Isorhamnetin: 16.06mg Kaempferol: 31.84mg, Kaempferol: 31.84mg, Kaempferol: 31.84mg, Kaempferol: 31.84mg Quercetin: 15.36mg, Quercetin: 15.36mg, Quercetin: 15.36mg, Quercetin: 15.36mg

## Nutrients (% of daily need)

Calories: 61.92kcal (3.1%), Fat: 5.22g (8.02%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 0.25g (0.09%), Sugar: 0.54g (0.61%), Cholesterol: 0mg (0%), Sodium: 152.79mg (6.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.99%), Vitamin K: 267.96µg (255.2%), Vitamin A: 6797.36IU (135.95%), Vitamin C: 63.57mg (77.06%), Manganese: 0.46mg (22.86%), Calcium: 173.42mg (17.34%), Vitamin B2: 0.24mg (13.89%), Fiber: 2.8g (11.21%), Folate: 42.19µg (10.55%), Vitamin E: 1.05mg (7.03%), Potassium: 239.26mg (6.84%), Iron: 1.14mg (6.32%), Magnesium: 22.72mg (5.68%), Vitamin B1: 0.08mg (5.13%), Vitamin B6: 0.1mg (5.01%), Vitamin B3: 0.8mg (4.02%), Phosphorus: 37.86mg (3.79%), Copper: 0.04mg (1.86%), Zinc: 0.27mg (1.78%)