



Grilled Kale with Garlic, Chiles and Bacon



Gluten Free



Dairy Free

READY IN

ready

35 min.

SERVINGS

servings

35

CALORIES

calories

21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 slices bacon thick cut into 1/3-inch pieces ()



1 clove garlic thinly sliced (large)



1 pound kale thick



1 tablespoon juice of lemon fresh



1 lemon zest finely grated



1 tablespoon olive oil extra-virgin



35 servings pepper freshly ground



1 small chile fresh red thinly sliced (small)

- ☐ 35 servings salt
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ grill
- ☐ springform pan
- ☐ tongs
- ☐ grill pan

Directions

- ☐ In a large pot of boiling salted water, blanch the kale until it is just tender, about 3 minutes.
- ☐ Drain and lightly squeeze out the excess water. Blot the kale dry and transfer to a bowl.
- ☐ Add the vegetable oil, garlic and chile, season with salt and pepper and toss well to coat.
- ☐ In a skillet, cook the bacon over moderate heat, stirring, until crisp, 5 minutes.
- ☐ Drain on paper towels.
- ☐ Light a grill.
- ☐ Place a 10-inch springform ring (not the bottom) on the grill to contain the kale. Carefully pat the kale inside the ring, pressing down to form an even layer. Grill until lightly charred on the bottom, 3 minutes. With tongs, turn the kale over and grill on the other side for 3 minutes. Alternatively, grill the kale on a perforated grill pan, tossing occasionally.
- ☐ Transfer the kale to a bowl and immediately toss with the bacon, olive oil, lemon zest and lemon juice; season with salt.
- ☐ Serve right away.

Nutrition Facts



 **PROTEIN 10.26%**  **FAT 74.7%**  **CARBS 15.04%**

Properties

Glycemic Index:3.97, Glycemic Load:0.08, Inflammation Score:-7, Nutrition Score:5.3039130940224%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 3.06mg, Isorhamnetin: 3.06mg, Isorhamnetin: 3.06mg, Isorhamnetin: 3.06mg Kaempferol: 6.07mg, Kaempferol: 6.07mg, Kaempferol: 6.07mg, Kaempferol: 6.07mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 21.25kcal (1.06%), Fat: 1.88g (2.89%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 0.85g (0.28%), Net Carbohydrates: 0.25g (0.09%), Sugar: 0.19g (0.21%), Cholesterol: 0.83mg (0.28%), Sodium: 209.15mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin K: 52.56µg (50.06%), Vitamin A: 1308.05IU (26.16%), Vitamin C: 14.37mg (17.41%), Manganese: 0.1mg (5.13%), Calcium: 34.14mg (3.41%), Vitamin B2: 0.05mg (2.8%), Fiber: 0.6g (2.39%), Folate: 8.46µg (2.11%), Potassium: 54.16mg (1.55%), Vitamin B6: 0.03mg (1.54%), Vitamin E: 0.22mg (1.49%), Iron: 0.24mg (1.35%), Vitamin B1: 0.02mg (1.3%), Magnesium: 4.97mg (1.24%), Vitamin B3: 0.22mg (1.11%)