



HEALTH SCORE

100%

Grilled Lacinato Kale



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



109 kcal

SIDE DISH

Ingredients



4 servings kosher salt



2 bunches destemmed lacinato/dinosaur kale black (also known as , dinosaur, or Tuscan kale)



2 tablespoons olive oil extra virgin extra-virgin

Equipment

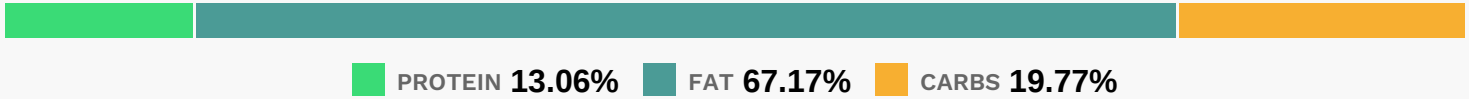


grill

Directions

- ☐ Strip away and discard the stems of the kale. Tear the leaves into large bite-size pieces and toss them with the olive oil and a good pinch of salt.
- ☐ Cook the leaves briefly over a medium fire seasoned with chunks of maple or oak. They will begin to burn and sizzle almost immediately. This is a good thing. Resist the temptation to turn them; the burn is good; the burn is your friend. After 4 to 5 minutes, turn them once to give a slight char to the wilted leaves that have been on top. Cook for another minute or two, and then remove them from the grill. That's it.
- ☐ Serve immediately.
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Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.14, Inflammation Score:-10, Nutrition Score:23.67217384214%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Luteolin: 0.01mg Isorhamnetin: 31.86mg, Isorhamnetin: 31.86mg, Isorhamnetin: 31.86mg, Isorhamnetin: 31.86mg Kaempferol: 63.18mg, Kaempferol: 63.18mg, Kaempferol: 63.18mg, Kaempferol: 63.18mg Quercetin: 30.48mg, Quercetin: 30.48mg, Quercetin: 30.48mg, Quercetin: 30.48mg

Nutrients (% of daily need)

Calories: 109.13kcal (5.46%), Fat: 9.01g (13.86%), Saturated Fat: 1.21g (7.54%), Carbohydrates: 5.97g (1.99%), Net Carbohydrates: 0.43g (0.16%), Sugar: 1.08g (1.2%), Cholesterol: 0mg (0%), Sodium: 265.48mg (11.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Vitamin K: 530.71µg (505.44%), Vitamin A: 13486.5IU (269.73%), Vitamin C: 126.09mg (152.84%), Manganese: 0.89mg (44.51%), Calcium: 343.09mg (34.31%), Vitamin B2: 0.47mg (27.56%), Fiber: 5.53g (22.14%), Folate: 83.7µg (20.92%), Potassium: 469.91mg (13.43%), Vitamin E: 1.9mg (12.66%), Iron: 2.2mg (12.23%), Magnesium: 44.56mg (11.14%), Vitamin B1: 0.15mg (10.17%), Vitamin B6: 0.2mg (9.92%), Vitamin B3: 1.59mg (7.97%), Phosphorus: 74.25mg (7.43%), Copper: 0.07mg (3.59%), Zinc: 0.53mg (3.51%), Selenium: 1.22µg (1.74%), Vitamin B5: 0.12mg (1.23%)