



HEALTH SCORE

100%

Hot Skillet Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN

**25 min.**

SERVINGS

**2**

CALORIES

**205 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 baby bok choy
- 3 ounces baby carrots (6)
- 0.5 teaspoon basil dried
- 2 cloves garlic minced
- 1 cup cannellini beans cooked
- 4 cups kale sliced
- 0.5 teaspoon oregano dried
- 1 cup cabbage red sliced

- 0.3 cup onion red chopped
- 0.3 teaspoon pepper red
- 2 servings pepper black freshly ground to taste
- 1 tablespoon balsamic vinaigrette fat-free low-fat (or balsamic vinegar)

Equipment

Directions

- Add the red onion and cook until it begins to soften.
- Add the carrots, garlic, and red pepper flakes and cook for another minute.
- Add the bok choy stems, cabbage, basil, oregano, and 1/4 cup water. Cover tightly and steam for about 3 minutes, stirring several times. Stir in the bok choy leaves, kale, and beans and add another splash of water if it's too dry. Cover and steam until the kale is tender and bright green, about 3 minutes. Season with salt and pepper and stir in salad dressing or vinegar just before serving.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:1.5, Inflammation Score:-10, Nutrition Score:28.616521793863%

Flavonoids

Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 10.91mg, Isorhamnetin: 10.91mg, Isorhamnetin: 10.91mg, Isorhamnetin: 10.91mg Kaempferol: 19.79mg, Kaempferol: 19.79mg, Kaempferol: 19.79mg, Kaempferol: 19.79mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 13.76mg, Quercetin: 13.76mg, Quercetin: 13.76mg, Quercetin: 13.76mg

Nutrients (% of daily need)

Calories: 205.33kcal (10.27%), Fat: 4.01g (6.16%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 21.54g (7.83%), Sugar: 6.37g (7.07%), Cholesterol: 0mg (0%), Sodium: 215.91mg (9.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.19g (22.39%), Vitamin A: 15671.61IU (313.43%), Vitamin K: 192.75µg

(183.57%), Vitamin C: 120.13mg (145.61%), Manganese: 1.05mg (52.5%), Fiber: 12.04g (48.15%), Folate: 141.74µg (35.43%), Calcium: 350.42mg (35.04%), Iron: 4.66mg (25.89%), Potassium: 761.42mg (21.75%), Phosphorus: 207.1mg (20.71%), Magnesium: 75.9mg (18.98%), Vitamin B6: 0.38mg (18.91%), Vitamin B1: 0.25mg (16.37%), Copper: 0.32mg (16%), Vitamin B2: 0.26mg (15.34%), Zinc: 1.22mg (8.16%), Vitamin B3: 1.63mg (8.15%), Selenium: 5.27µg (7.53%), Vitamin B5: 0.56mg (5.62%), Vitamin E: 0.55mg (3.65%)