



Kale-and-Collards Salad



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



10

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 avocado diced peeled
- ☐ 3 purée of usa bartlett pear sliced
- ☐ 8 oz collard greens fresh
- ☐ 6 slices bacon crumbled cooked
- ☐ 8 oz kale
- ☐ 10 servings optional: lemon
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 cup pecans toasted chopped

- ☐ 1 small head radicchio thinly shredded
- ☐ 0.8 cup cranberries dried sweetened

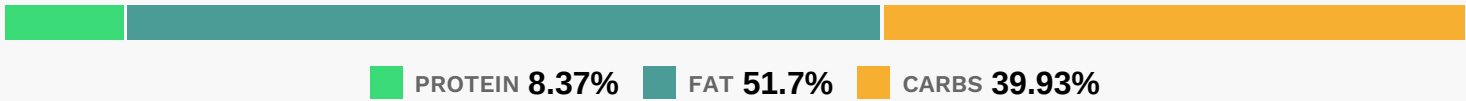
Equipment

- ☐ bowl

Directions

- ☐ Trim and discard tough stalks from centers of collard and kale leaves; stack leaves, and roll up, starting at 1 long side.
- ☐ Cut into 1/4-inch-thick slices. Toss collards and kale with cranberries and Lemon Dressing in a large bowl. Cover and chill 1 hour.
- ☐ Toss together pears and next 2 ingredients just before serving. Toss pear mixture, radicchio, pecans, and bacon with collard mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.85, Glycemic Load:3.07, Inflammation Score:-10, Nutrition Score:19.994782675867%

Flavonoids

Cyanidin: 20.03mg, Cyanidin: 20.03mg, Cyanidin: 20.03mg, Cyanidin: 20.03mg Delphinidin: 1.7mg, Delphinidin: 1.7mg, Delphinidin: 1.7mg, Delphinidin: 1.7mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 1.57mg, Eriodictyol: 1.57mg, Eriodictyol: 1.57mg, Eriodictyol: 1.57mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 5.85mg, Luteolin: 5.85mg, Luteolin: 5.85mg, Luteolin: 5.85mg Isorhamnetin: 5.35mg, Isorhamnetin: 5.35mg, Isorhamnetin: 5.35mg, Isorhamnetin: 5.35mg Kaempferol: 12.6mg, Kaempferol: 12.6mg, Kaempferol: 12.6mg, Kaempferol: 12.6mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 10.92mg, Quercetin: 10.92mg, Quercetin: 10.92mg, Quercetin: 10.92mg

Nutrients (% of daily need)

Calories: 220.74kcal (11.04%), Fat: 13.66g (21.02%), Saturated Fat: 1.96g (12.28%), Carbohydrates: 23.74g (7.91%), Net Carbohydrates: 16.03g (5.83%), Sugar: 12.92g (14.36%), Cholesterol: 4.75mg (1.58%), Sodium: 103.77mg (4.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.96%), Vitamin K: 237.23µg (225.94%), Vitamin A: 3489.24IU (69.78%), Vitamin C: 41.15mg (49.88%), Manganese: 0.76mg (37.89%), Fiber: 7.72g (30.86%), Folate: 90.79µg (22.7%), Vitamin E: 2.23mg (14.83%), Copper: 0.29mg (14.72%), Potassium: 491.49mg (14.04%), Calcium: 131.16mg (13.12%), Vitamin B6: 0.25mg (12.38%), Vitamin B2: 0.2mg (11.97%), Magnesium: 41.91mg (10.48%), Vitamin B1: 0.15mg (10.26%), Vitamin B3: 1.91mg (9.55%), Phosphorus: 92.08mg (9.21%), Vitamin B5: 0.86mg (8.55%), Zinc: 1.03mg (6.84%), Iron: 1.19mg (6.61%), Selenium: 3.65µg (5.21%)