



Kale & Brussels Sprout Salad



Gluten Free



Popular

READY IN



45 min.

SERVINGS



10

CALORIES



105 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds with skins, coarsely chopped
- ☐ 10 servings pepper black freshly ground
- ☐ 12 ounces brussels sprouts shredded with a knife finely grated trimmed
- ☐ 2 tablespoons dijon mustard
- ☐ 1 small garlic clove finely grated
- ☐ 2 large bunches kale thinly sliced ()
- ☐ 0.3 teaspoon kosher salt plus more for seasoning
- ☐ 0.3 cup juice of lemon fresh

- ☐ 0.5 cup olive oil extra virgin extra-virgin divided
- ☐ 1 cup pecorino cheese finely grated
- ☐ 1 tablespoon shallots minced

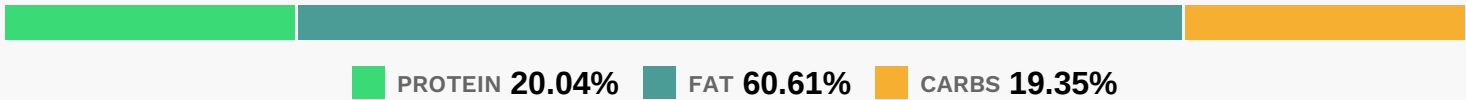
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine lemon juice, Dijon mustard, shallot, garlic, 1/4 teaspoon salt, and a pinch of pepper in a small bowl. Stir to blend; set aside to let flavors meld.
- ☐ Mix thinly sliced kale and shredded brussels sprouts in a large bowl.
- ☐ Measure 1/2 cup oil into a cup. Spoon 1 tablespoon oil from cup into a small skillet; heat oil over medium-high heat.
- ☐ Add almonds to skillet and stir frequently until golden brown in spots, about 2 minutes.
- ☐ Transfer nuts to a paper towel-lined plate.
- ☐ Sprinkle almonds lightly with salt.
- ☐ Slowly whisk remaining olive oil in cup into lemon-juice mixture. Season dressing to taste with salt and pepper. DO AHEAD: Dressing, kale mixture, and toasted almonds can be prepared 8 hours ahead. Cover dressing and kale mixture separately and chill. Cover almonds and let stand at room temperature.
- ☐ Add dressing and cheese to kale mixture; toss to coat. Season lightly with salt and pepper.
- ☐ Garnish with almonds.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:0.79, Inflammation Score:-5, Nutrition Score:9.7647826814133%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 104.68kcal (5.23%), Fat: 7.46g (11.48%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 3.25g (1.18%), Sugar: 1.31g (1.45%), Cholesterol: 10.4mg (3.47%), Sodium: 220.09mg (9.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Vitamin K: 62.74µg (59.75%), Vitamin C: 31.65mg (38.36%), Calcium: 137.69mg (13.77%), Manganese: 0.26mg (13.05%), Phosphorus: 127.46mg (12.75%), Vitamin E: 1.88mg (12.51%), Fiber: 2.1g (8.43%), Vitamin B2: 0.13mg (7.43%), Magnesium: 27.12mg (6.78%), Vitamin A: 321.14IU (6.42%), Folate: 25.47µg (6.37%), Potassium: 193.26mg (5.52%), Vitamin B6: 0.1mg (5.11%), Selenium: 3.28µg (4.68%), Vitamin B1: 0.07mg (4.63%), Iron: 0.83mg (4.58%), Copper: 0.08mg (4.12%), Zinc: 0.58mg (3.88%), Vitamin B3: 0.46mg (2.32%), Vitamin B5: 0.19mg (1.93%), Vitamin B12: 0.11µg (1.87%)