



Kale Caesar with Cucumbers and Leeks

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



395 kcal

SIDE DISH

Ingredients

- 1 teaspoon anchovy paste
- 1 cucumber sliced
- 0.3 cup dijon mustard
- 4 teaspoons garlic minced
- 4 juice of lemon juiced
- 2 bunches kale
- 0.3 cup leeks chopped
- 6 tablespoons mayonnaise

- 6 tablespoons olive oil
- 0.3 cup parmesan cheese grated
- 4 servings freshly cracked pepper black
- 2 teaspoons worcestershire sauce

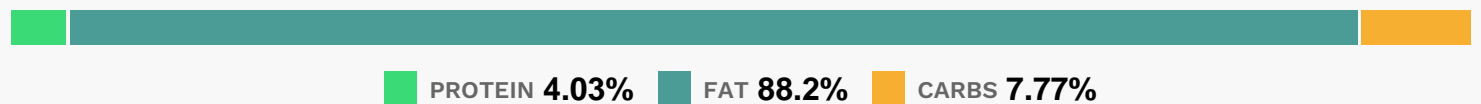
Equipment

- bowl
- frying pan

Directions

- Heat a large skillet over medium heat. Toss kale in the skillet; cook and stir until reduced in size by about one-quarter, 1 to 2 minutes.
- Remove kale to a bowl; refrigerate for 1 hour.
- Beat mayonnaise, olive oil, mustard, Parmesan cheese, lemon juice, garlic, Worcestershire sauce, and anchovy paste together in a bowl until you get a smooth salad dressing; refrigerate for 1 hour.
- Toss kale, cucumber, and leeks together in a large bowl.
- Drizzle dressing over the salad; toss. Season with black pepper.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:0.79, Inflammation Score:-4, Nutrition Score:9.2056520477585%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 395.04kcal (19.75%), Fat: 39.5g (60.77%), Saturated Fat: 6.49g (40.55%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 6.36g (2.31%), Sugar: 2.68g (2.98%), Cholesterol: 15.91mg (5.3%), Sodium: 512.09mg (22.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin K: 55.66µg (53.01%), Vitamin E: 3.97mg (26.49%), Vitamin C: 16.07mg (19.47%), Selenium: 9.68µg (13.82%), Manganese: 0.22mg (11.06%), Calcium: 95.14mg (9.51%), Phosphorus: 91.87mg (9.19%), Potassium: 228.78mg (6.54%), Vitamin B6: 0.12mg (6.24%), Magnesium: 24.66mg (6.16%), Fiber: 1.47g (5.89%), Folate: 23.13µg (5.78%), Iron: 1.04mg (5.78%), Copper: 0.1mg (5.22%), Vitamin B1: 0.08mg (5.12%), Vitamin A: 231.17IU (4.62%), Vitamin B2: 0.07mg (4.39%), Zinc: 0.65mg (4.32%), Vitamin B5: 0.36mg (3.63%), Vitamin B3: 0.53mg (2.65%), Vitamin B12: 0.13µg (2.18%)