



 **87%**
HEALTH SCORE

Kale Garden Salad

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup asiago cheese grated
- 0.5 cup matchstick-cut carrots
- 1 teaspoon dijon mustard
- 1 teaspoon thyme leaves fresh
- 1 garlic clove minced
- 1 golden beets uncooked peeled thinly sliced
- 6 cups curly kale stemmed chopped
- 0.3 teaspoon kosher salt

- 1 tablespoon olive oil
- 0.3 cup radishes thinly sliced
- 2 teaspoons sherry vinegar

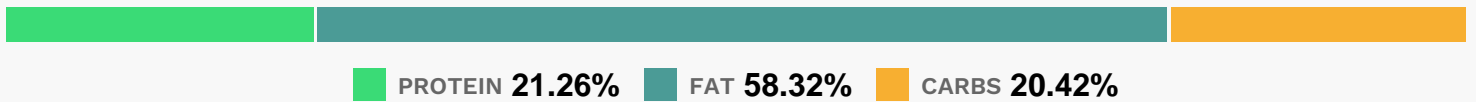
Equipment

- bowl
- whisk

Directions

- Combine olive oil, vinegar, thyme, Dijon mustard, salt, and minced garlic in a large bowl, stirring with a whisk.
- Add kale, carrots, radishes, beet, and Asiago cheese; toss.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:0.78, Inflammation Score:-10, Nutrition Score:11.899999837513%

Flavonoids

Pelargonidin: 3.05mg, Pelargonidin: 3.05mg, Pelargonidin: 3.05mg, Pelargonidin: 3.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg Kaempferol: 9.87mg, Kaempferol: 9.87mg, Kaempferol: 9.87mg, Kaempferol: 9.87mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 72.93kcal (3.65%), Fat: 4.88g (7.5%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 3.84g (1.28%), Net Carbohydrates: 2.12g (0.77%), Sugar: 1.77g (1.97%), Cholesterol: 5.67mg (1.89%), Sodium: 271.85mg (11.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Vitamin K: 84.56µg (80.53%), Vitamin A: 3655.24IU (73.1%), Vitamin C: 21.98mg (26.64%), Calcium: 161.78mg (16.18%), Manganese: 0.22mg (11.15%), Folate: 32.81µg (8.2%), Phosphorus: 80.96mg (8.1%), Fiber: 1.72g (6.89%), Vitamin B2: 0.11mg (6.73%), Potassium: 167.68mg (4.79%), Magnesium: 16.42mg (4.1%), Iron: 0.73mg (4.04%), Selenium: 2.64µg (3.77%), Vitamin B6: 0.07mg (3.51%), Vitamin E: 0.5mg (3.34%), Zinc: 0.41mg (2.72%), Vitamin B1: 0.04mg (2.52%), Copper: 0.04mg (2.07%), Vitamin B3: 0.4mg (2.01%), Vitamin B12: 0.1µg (1.67%), Vitamin B5: 0.14mg (1.36%)