



 **89%**
HEALTH SCORE

Kale Mallung (Sri Lankan Kale and Coconut)

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



82 kcal

SIDE DISH

Ingredients

- 1 pepper flakes hot seeded chopped
- 0.5 cup coconut or fresh shredded
- 0.3 teaspoon ground cumin
- 12 ounces kale thinly sliced
- 1 tablespoons juice of lime
- 4 servings pepper black generous
- 1 medium onion red chopped
- 4 servings salt to taste

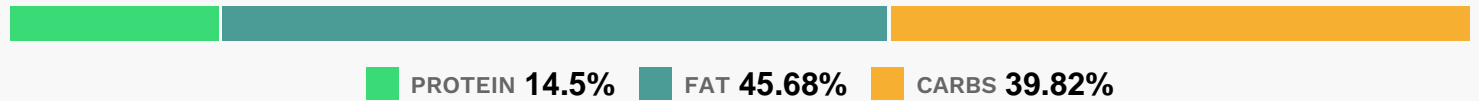
Equipment

- frying pan

Directions

- Heat a large, deep, non-stick skillet.
- Add the onions and peppers, and cook, stirring often, until onions soften and turn pink.
- Add water by the tablespoon if needed to prevent sticking.
- Add the kale and a splash (about 1/4 cup) of water, along with the cumin and pepper. Cover and cook, stirring every minute or so, until kale is wilted but still bright green, about 4 to 5 minutes.
- Add the coconut and 1 tablespoon lime juice and leave on the heat just long enough to heat through. Check the seasoning and add more lime juice if needed and salt to taste.
- Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:1.1, Inflammation Score:-10, Nutrition Score:21.731739127118%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 21.45mg, Isorhamnetin: 21.45mg, Isorhamnetin: 21.45mg, Isorhamnetin: 21.45mg Kaempferol: 39.98mg, Kaempferol: 39.98mg, Kaempferol: 39.98mg, Kaempferol: 39.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 24.81mg, Quercetin: 24.81mg, Quercetin: 24.81mg, Quercetin: 24.81mg

Nutrients (% of daily need)

Calories: 82.32kcal (4.12%), Fat: 4.73g (7.27%), Saturated Fat: 3.14g (19.63%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 4.2g (1.53%), Sugar: 3.13g (3.48%), Cholesterol: 0mg (0%), Sodium: 243.28mg (10.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Vitamin K: 333.59µg (317.7%), Vitamin A: 8608.01IU (172.16%), Vitamin C: 99.1mg (120.12%), Manganese: 0.79mg (39.25%), Calcium: 227.58mg (22.76%), Fiber: 5.08g (20.31%), Vitamin B2: 0.32mg (18.55%), Folate: 63.55µg (15.89%), Potassium: 415.94mg (11.88%), Vitamin B6: 0.22mg (11.13%),

Iron: 1.88mg (10.42%), Magnesium: 37.54mg (9.38%), Vitamin B1: 0.13mg (8.35%), Phosphorus: 72.2mg (7.22%),
Vitamin B3: 1.24mg (6.21%), Copper: 0.12mg (5.87%), Vitamin E: 0.68mg (4.55%), Zinc: 0.53mg (3.52%), Selenium:
1.98µg (2.84%), Vitamin B5: 0.17mg (1.7%)