



Kale Salad with Apple and Cheddar

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 small apples sweet thinly sliced
- 1 tablespoon apple cider vinegar
- 1 teaspoon dijon mustard
- 6 cups destemmed lacinato/dinosaur kale stemmed chopped
- 1 tablespoon olive oil
- 0.3 teaspoon pepper
- 0.1 teaspoon salt
- 0.3 teaspoon sugar

1 ounce cheddar cheese shredded white extra-sharp

Equipment

bowl

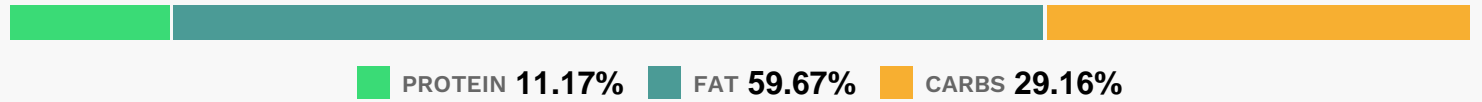
whisk

Directions

Combine vinegar, olive oil, Dijon mustard, sugar, pepper, and salt in a large bowl, stirring with a whisk.

Add kale and apple; toss. Top with white cheddar cheese.

Nutrition Facts



Properties

Glycemic Index:44.18, Glycemic Load:1.1, Inflammation Score:-9, Nutrition Score:9.1152173099311%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg Kaempferol: 9.86mg, Kaempferol: 9.86mg, Kaempferol: 9.86mg, Kaempferol: 9.86mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 62.05kcal (3.1%), Fat: 4.33g (6.66%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 3.24g (1.18%), Sugar: 2.95g (3.28%), Cholesterol: 4.72mg (1.57%), Sodium: 100.08mg (4.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.65%), Vitamin K: 84.11µg (80.11%), Vitamin A: 2159.7IU (43.19%), Vitamin C: 20.76mg (25.16%), Calcium: 89.36mg (8.94%), Manganese: 0.17mg (8.4%), Fiber: 1.51g (6.06%), Vitamin B2: 0.1mg (5.94%), Vitamin E: 0.56mg (3.72%), Phosphorus: 37.15mg (3.72%), Folate: 14.83µg (3.71%), Potassium: 107.51mg (3.07%), Selenium: 1.82µg (2.6%), Magnesium: 10.12mg (2.53%), Iron: 0.41mg (2.3%), Vitamin B6: 0.05mg (2.26%), Vitamin B1: 0.03mg (2.07%), Zinc: 0.27mg (1.82%), Vitamin B3: 0.28mg (1.39%), Copper: 0.02mg (1.07%)