



WHATSheATE



HEALTH SCORE

52%

Kale Salad with Balsamic, Pine Nuts, and Parmesan



Gluten Free



Popular

READY IN



25 min.

SERVINGS



6

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.3 cup cranberries dried sweetened whole chopped (or golden raisins or currants)



0.3 cup pinenuts (can substitute slivered almonds)



1 pound destemmed lacinato/dinosaur kale fresh dry rinsed (also called Tuscan kale or dinosaur kale)



0.3 cup balsamic vinegar



3 Tbsp olive oil



1 Tbsp seasoned rice vinegar



1 Tbsp honey

- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup parmesan cheese packed grated

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk

Directions

- ☐ Toast the pine nuts:
- ☐ Heat a small skillet on medium high heat.
- ☐ Spread the pine nuts in an even layer on the bottom of the pan, cook, stirring occasionally, until lightly browned. Then remove to a bowl to allow to cool.
- ☐ Hint when toasting nuts: do not take your eyes off of them! Nuts can go from browned to burned very quickly.
- ☐ Prep the kale: Use a sharp knife to cut out the tough midrib of each kale leaf, and discard or compost. Slice the leaves crosswise into thin, 1/4 inch wide, slices.
- ☐ The easiest way to do this is to work with a small bunch of leaves at a time, stack the leaves and roll them into a loose cigar shape. Then using a sharp knife, work from one end of the "cigar" to the other, slicing a 1/4 inch off from the end.
- ☐ Place the kale slices into a large bowl.
- ☐ Make the dressing: In a smaller bowl, whisk together the balsamic vinegar, olive oil, rice vinegar, honey, salt, and pepper.
- ☐ Dress the kale and toss with nuts and cranberries: A half hour to an hour before serving, toss the kale together with the toasted pine nuts, the dried cranberries, and the dressing, allowing the kale to marinate a bit.
- ☐ Right before serving, stir in the grated Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:37.71, Glycemic Load:2.56, Inflammation Score:-10, Nutrition Score:21.321739251847%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 18mg, Isorhamnetin: 18mg, Isorhamnetin: 18mg, Isorhamnetin: 18mg Kaempferol: 35.4mg, Kaempferol: 35.4mg, Kaempferol: 35.4mg, Kaempferol: 35.4mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 17.32mg, Quercetin: 17.32mg, Quercetin: 17.32mg, Quercetin: 17.32mg

Nutrients (% of daily need)

Calories: 177.03kcal (8.85%), Fat: 12.35g (19%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 14.14g (4.71%), Net Carbohydrates: 9.97g (3.63%), Sugar: 9g (10%), Cholesterol: 3.63mg (1.21%), Sodium: 503.68mg (21.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Vitamin K: 299.78µg (285.5%), Vitamin A: 7589.33IU (151.79%), Vitamin C: 70.64mg (85.62%), Manganese: 0.69mg (34.63%), Calcium: 249.72mg (24.97%), Vitamin E: 3.17mg (21.15%), Vitamin B2: 0.35mg (20.48%), Fiber: 4.17g (16.67%), Folate: 49.86µg (12.46%), Magnesium: 44.47mg (11.12%), Phosphorus: 99.78mg (9.98%), Potassium: 333.34mg (9.52%), Iron: 1.62mg (9.01%), Vitamin B1: 0.1mg (6.65%), Vitamin B6: 0.13mg (6.3%), Vitamin B3: 1.15mg (5.73%), Copper: 0.11mg (5.67%), Zinc: 0.69mg (4.58%), Selenium: 2.46µg (3.52%), Vitamin B5: 0.13mg (1.26%)