



Kale Salad with Cranberries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



45 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup balsamic vinaigrette dressing kraft
- 1 Tbsp brown sugar
- 1 cup cherry tomatoes halved
- 1 Tbsp grey poupon country dijon mustard
- 0.5 cup cranberries dried
- 8 cups kale chopped
- 2 Tbsp pinenuts toasted

Equipment

bowl

whisk

Directions

Place cranberries in small bowl.

Add enough boiling water to cover cranberries; let stand 10 min. or until softened.

Drain cranberries; place in large bowl.

Add kale and tomatoes; mix lightly.

Whisk dressing, sugar and mustard.

Add to salad; toss to coat.

Top with nuts.

Nutrition Facts

 **PROTEIN 4.21%**  **FAT 58.65%**  **CARBS 37.14%**

Properties

Glycemic Index:3.2, Glycemic Load:0.01, Inflammation Score:-9, Nutrition Score:3.9960869809856%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg Kaempferol: 3.93mg, Kaempferol: 3.93mg, Kaempferol: 3.93mg, Kaempferol: 3.93mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 44.72kcal (2.24%), Fat: 3.04g (4.68%), Saturated Fat: 0.27g (1.66%), Carbohydrates: 4.33g (1.44%), Net Carbohydrates: 3.7g (1.35%), Sugar: 3.28g (3.64%), Cholesterol: 0mg (0%), Sodium: 66.96mg (2.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin K: 33.75µg (32.14%), Vitamin A: 876.41IU (17.53%), Vitamin C: 9.56mg (11.59%), Manganese: 0.16mg (8.14%), Fiber: 0.63g (2.51%), Calcium: 24.15mg (2.41%), Vitamin B2: 0.03mg (2.02%), Vitamin E: 0.26mg (1.71%), Folate: 6.57µg (1.64%), Magnesium: 6.49mg (1.62%), Potassium: 54.85mg (1.57%), Iron: 0.27mg (1.49%), Phosphorus: 13.53mg (1.35%), Copper: 0.03mg (1.3%), Vitamin B1: 0.02mg (1.18%), Vitamin B6: 0.02mg (1.05%), Vitamin B3: 0.2mg (1.02%)