



Kale Salad with Pinenuts, Currants and Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons currants dried
- ☐ 1 tablespoon honey
- ☐ 1 pound kale thinly sliced
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 8 servings parmesan
- ☐ 2 tablespoons pinenuts lightly toasted
- ☐ 1 teaspoon salt

- ☐ 1 tablespoon rice vinegar
- ☐ 7 tablespoons balsamic vinegar white divided

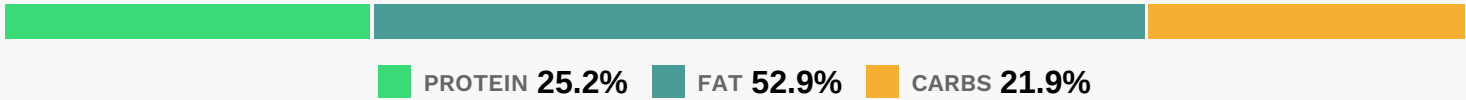
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Place currants in small bowl; add 5tablespoons white balsamic vinegar.
- ☐ Letsoak overnight.
- ☐ Drain currants.
- ☐ Whisk remaining 2 tablespoons whitebalsamic vinegar, rice vinegar, honey, oil,and salt in large bowl.
- ☐ Add kale, currants,and pine nuts; toss to coat.
- ☐ Let marinate20 minutes at room temperature, tossingoccasionally. Season to taste with salt andpepper.
- ☐ Sprinkle cheese shavings oversalad and serve.

Nutrition Facts



Properties

Glycemic Index:29.53, Glycemic Load:3.32, Inflammation Score:-10, Nutrition Score:21.449565358784%

Flavonoids

Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg Kaempferol: 26.54mg, Kaempferol: 26.54mg, Kaempferol: 26.54mg, Kaempferol: 26.54mg Quercetin: 12.8mg, Quercetin: 12.8mg, Quercetin: 12.8mg, Quercetin: 12.8mg

Nutrients (% of daily need)

Calories: 201.27kcal (10.06%), Fat: 12.06g (18.56%), Saturated Fat: 5.39g (33.69%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 8.65g (3.14%), Sugar: 7.37g (8.19%), Cholesterol: 20.4mg (6.8%), Sodium: 806.4mg (35.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.93g (25.86%), Vitamin K: 224.16µg (213.49%), Vitamin A:

5902IU (118.04%), Vitamin C: 53.17mg (64.44%), Calcium: 507.17mg (50.72%), Manganese: 0.64mg (31.98%), Phosphorus: 260.32mg (26.03%), Vitamin B2: 0.31mg (18.14%), Selenium: 7.34µg (10.48%), Fiber: 2.59g (10.35%), Magnesium: 41.3mg (10.32%), Folate: 38.53µg (9.63%), Zinc: 1.24mg (8.26%), Iron: 1.49mg (8.26%), Potassium: 286.14mg (8.18%), Vitamin B6: 0.12mg (6.24%), Vitamin E: 0.93mg (6.2%), Vitamin B1: 0.09mg (6.06%), Vitamin B12: 0.36µg (6%), Vitamin B3: 0.92mg (4.62%), Copper: 0.09mg (4.44%), Vitamin B5: 0.2mg (1.99%)