



Kale Salad with Sugar-Coated Cashews

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



264 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup cashew pieces
- 1 bunch kale cut into thin ribbons
- 0.5 cup raisins
- 5 tablespoons soya sauce
- 0.5 cup sugar white

Equipment

- bowl
- baking sheet

sauce pan

oven

Directions

Preheat oven to 325 degrees F (165 degrees C).

Spread cashews onto a baking sheet.

Toast cashews in preheated oven until browned, about 5 minutes.

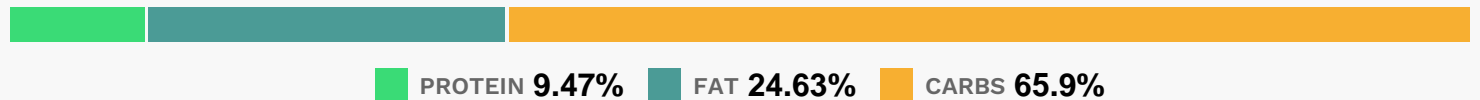
Pour sugar in a small saucepan over medium heat while the cashews are toasting; cook and stir until melted. As soon as it is melted and the nuts are done toasting, pour the nuts in the saucepan; stir to coat.

Spread cashews onto baking sheet to cool completely, about 15 minutes.

Massage kale and soy sauce together in a bowl until kale softens. Fold raisins and sugar-coated cashews into the kale.

Refrigerate 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:50.27, Glycemic Load:26.38, Inflammation Score:-9, Nutrition Score:17.629999969317%

Flavonoids

Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg Kaempferol: 15.21mg, Kaempferol: 15.21mg, Kaempferol: 15.21mg, Kaempferol: 15.21mg Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg

Nutrients (% of daily need)

Calories: 263.95kcal (13.2%), Fat: 7.76g (11.93%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 46.68g (15.56%), Net Carbohydrates: 43.4g (15.78%), Sugar: 26.55g (29.49%), Cholesterol: 0mg (0%), Sodium: 1281.33mg (55.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.42%), Vitamin K: 132.25µg (125.95%), Vitamin A: 3246.75IU (64.93%), Vitamin C: 31.41mg (38.08%), Manganese: 0.64mg (32.14%), Copper: 0.46mg (22.9%), Magnesium: 72.25mg (18.06%), Phosphorus: 156.34mg (15.63%), Iron: 2.61mg (14.53%), Fiber: 3.28g (13.11%), Potassium: 417.26mg (11.92%), Vitamin B2: 0.19mg (11.42%), Calcium: 98.34mg (9.83%), Vitamin B6: 0.19mg (9.7%), Vitamin B1: 0.14mg (9.23%), Vitamin B3: 1.65mg (8.23%), Zinc: 1.19mg (7.94%), Folate: 28.77µg (7.19%), Selenium: 3.94µg (5.63%), Vitamin B5: 0.26mg (2.62%), Vitamin E: 0.36mg (2.4%)