



Kale Slaw

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



8

CALORIES



70 kcal

SIDE DISH

Ingredients

- 1 large carrots shredded
- 1 slice bacon cooked chopped
- 8 servings salt and ground pepper black to taste
- 0.5 juice of lemon juiced
- 0.5 juice of orange juiced
- 1 bunch kale thinly sliced
- 3 tablespoons mayonnaise
- 1 tablespoon olive oil

0.5 onion red very thinly sliced

Equipment

bowl

paper towels

sauce pan

Directions

Toss kale with carrot, orange juice, lemon juice, salt, and black pepper in a large salad bowl, using your hands to rub orange and lemon juice into kale leaves.

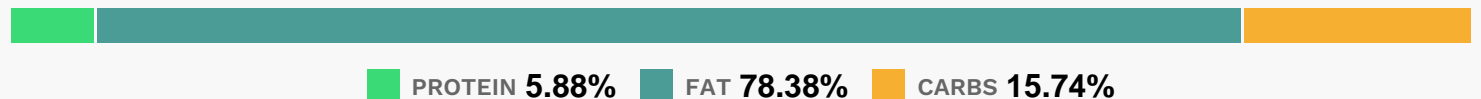
Let stand a few minutes to absorb flavors.

Fill a bowl with ice water. Bring a saucepan of water to a boil and stir onion into boiling water; cook just until starting to soften, 15 to 30 seconds.

Drain and immediately immerse onion in ice water.

Drain ice water, blot onion dry on paper towels, and add to kale. Stir bacon, mayonnaise, and olive oil into kale mixture and toss to coat. Can be made several hours ahead of time and refrigerated until serving time.

Nutrition Facts



Properties

Glycemic Index:29.98, Glycemic Load:0.67, Inflammation Score:-9, Nutrition Score:8.9165217568693%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.18mg, Isorhamnetin: 4.18mg, Isorhamnetin: 4.18mg, Isorhamnetin: 4.18mg Kaempferol: 7.67mg, Kaempferol: 7.67mg, Kaempferol: 7.67mg, Kaempferol: 7.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 70.33kcal (3.52%), Fat: 6.31g (9.71%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 1.78g (0.65%), Sugar: 1.24g (1.38%), Cholesterol: 3.19mg (1.07%), Sodium: 65.35mg (2.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.13%), Vitamin K: 74.37µg (70.83%), Vitamin A: 3138.99IU (62.78%), Vitamin C: 18.82mg (22.81%), Manganese: 0.14mg (7.15%), Calcium: 47.34mg (4.73%), Fiber: 1.07g (4.29%), Vitamin B2: 0.07mg (4.02%), Vitamin E: 0.6mg (4.01%), Folate: 14.87µg (3.72%), Potassium: 112.21mg (3.21%), Vitamin B6: 0.05mg (2.65%), Vitamin B1: 0.04mg (2.5%), Vitamin B3: 0.41mg (2.06%), Magnesium: 8.19mg (2.05%), Phosphorus: 20.01mg (2%), Iron: 0.35mg (1.95%), Selenium: 0.83µg (1.18%), Copper: 0.02mg (1.03%)