



Kale with Caramelized Onion



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



77 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons honey
- ☐ 10 ounce prewashed kale chopped
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 cups onion red chopped
- ☐ 0.8 teaspoon salt

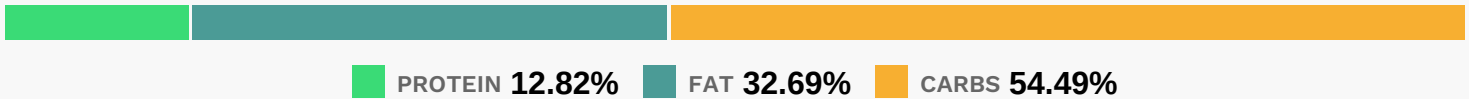
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion; saut 7 minutes or until golden.
- ☐ Add honey, salt, and pepper; cook 2 minutes.
- ☐ Add kale; cover, reduce heat to medium-low, and cook 6 minutes or just until kale is tender, stirring after 3 minutes.

Nutrition Facts



Properties

Glycemic Index:35.82, Glycemic Load:2.83, Inflammation Score:-10, Nutrition Score:19.256956421811%

Flavonoids

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: 19.73mg, Isorhamnetin: 19.73mg, Isorhamnetin: 19.73mg, Isorhamnetin: 19.73mg Kaempferol: 33.56mg, Kaempferol: 33.56mg, Kaempferol: 33.56mg, Kaempferol: 33.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 28.18mg, Quercetin: 28.18mg, Quercetin: 28.18mg, Quercetin: 28.18mg

Nutrients (% of daily need)

Calories: 77.44kcal (3.87%), Fat: 3.12g (4.8%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 7.74g (2.81%), Sugar: 5.99g (6.65%), Cholesterol: 0mg (0%), Sodium: 476.2mg (20.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.51%), Vitamin K: 278.06µg (264.82%), Vitamin A: 7082.18IU (141.64%), Vitamin C: 70.65mg (85.64%), Manganese: 0.56mg (28.22%), Calcium: 194.87mg (19.49%), Fiber: 3.96g (15.86%), Vitamin B2: 0.26mg (15.51%), Folate: 55.43µg (13.86%), Potassium: 337.83mg (9.65%), Vitamin B6: 0.18mg (8.87%), Magnesium: 29.68mg (7.42%), Iron: 1.3mg (7.23%), Vitamin B1: 0.11mg (7.19%), Phosphorus: 56.72mg (5.67%), Vitamin E: 0.77mg (5.13%), Vitamin B3: 0.91mg (4.56%), Copper: 0.06mg (3.21%), Zinc: 0.39mg (2.59%), Vitamin B5: 0.14mg (1.42%), Selenium: 0.97µg (1.39%)