



Kale with Garlic and Cranberries



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



8

CALORIES



140 kcal

SIDE DISH

Ingredients



2 ounces cranberries dried



1 tablespoon garlic minced



2 pounds kale red (preferably Russian)



5 tablespoons olive oil

Equipment



pot



tongs

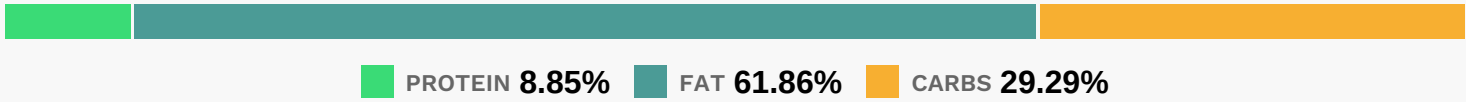


colander

Directions

- ☐ Cook kale in a 6-quart pot of boiling salted water (1 1/2 tablespoons salt for 4 quarts water), uncovered, until almost tender, 5 to 7 minutes.
- ☐ Drain in a colander, then immediately transfer kale to an ice bath to stop cooking. When kale is cool, drain but do not squeeze.
- ☐ Cook garlic in oil in same pot over medium heat, stirring, until fragrant, about 30 seconds.
- ☐ Add kale, dried cranberries, 3/4 teaspoon salt, and 1/8 teaspoon pepper and cook, tossing frequently with tongs, until kale is heated through and tender, 4 to 6 minutes.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.21, Inflammation Score:-10, Nutrition Score:22.429565180903%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg 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: 26.76mg, Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg Kaempferol: 53.07mg, Kaempferol: 53.07mg, Kaempferol: 53.07mg, Kaempferol: 53.07mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 25.94mg, Quercetin: 25.94mg, Quercetin: 25.94mg, Quercetin: 25.94mg

Nutrients (% of daily need)

Calories: 140.36kcal (7.02%), Fat: 10.52g (16.19%), Saturated Fat: 1.42g (8.85%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 6.17g (2.24%), Sugar: 6.06g (6.74%), Cholesterol: 0mg (0%), Sodium: 60.8mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.77%), Vitamin K: 448.08µg (426.74%), Vitamin A: 11328.56IU (226.57%), Vitamin C: 106.24mg (128.78%), Manganese: 0.78mg (39.14%), Calcium: 290.57mg (29.06%), Vitamin B2: 0.4mg (23.33%), Fiber: 5.05g (20.18%), Folate: 70.34µg (17.58%), Vitamin E: 2.16mg (14.39%), Potassium: 402.2mg (11.49%), Iron: 1.91mg (10.6%), Magnesium: 37.95mg (9.49%), Vitamin B6: 0.18mg (9.09%), Vitamin B1: 0.13mg (8.74%), Vitamin B3: 1.38mg (6.92%), Phosphorus: 64.47mg (6.45%), Copper: 0.07mg (3.38%), Zinc: 0.46mg (3.07%), Selenium: 1.21µg (1.72%), Vitamin B5: 0.12mg (1.25%)