



## Kale with Garlic and Peppers

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



81 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 garlic clove minced
- 1 tablespoon jalapeno seeded chopped ( 1 small)
- 1 pound kale chopped
- 2 teaspoons olive oil
- 2 cups red bell pepper red sliced ( 2 medium)
- 0.3 teaspoon salt
- 0.5 cup vegetable broth organic (such as Swanson Certified )

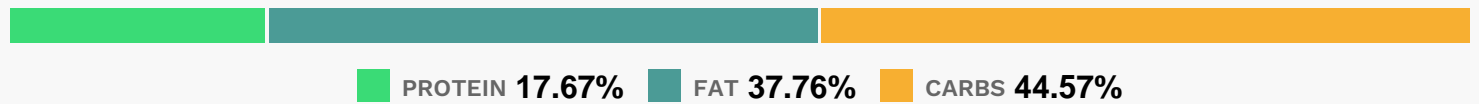
# Equipment

dutch oven

# Directions

- Heat olive oil in a Dutch oven over medium-high heat.
- Add red bell pepper, jalapeo, salt, and black pepper; saut 3 minutes or until tender.
- Add chopped kale and broth; cover. Reduce heat to medium-low; cook 10 minutes or until tender, stirring once. Stir in garlic; increase heat to medium. Cook, uncovered, for 2 minutes or until liquid evaporates.
- Serve with lemon wedges, if desired.

# Nutrition Facts



# Properties

Glycemic Index:50.75, Glycemic Load:1.35, Inflammation Score:0, Nutrition Score:24.865652125815%

# Flavonoids

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg Kaempferol: 53.09mg, Kaempferol: 53.09mg, Kaempferol: 53.09mg, Kaempferol: 53.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 25.98mg, Quercetin: 25.98mg, Quercetin: 25.98mg, Quercetin: 25.98mg

# Nutrients (% of daily need)

Calories: 80.73kcal (4.04%), Fat: 3.93g (6.05%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 4.09g (1.49%), Sugar: 4.45g (4.94%), Cholesterol: 0mg (0%), Sodium: 326.23mg (14.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.29%), Vitamin K: 448.02µg (426.68%), Vitamin A: 13764.81IU (275.3%), Vitamin C: 205.96mg (249.64%), Manganese: 0.86mg (43.16%), Calcium: 295.72mg (29.57%), Vitamin B2: 0.46mg (27.09%), Folate: 105.63µg (26.41%), Fiber: 6.37g (25.46%), Vitamin B6: 0.41mg (20.44%), Potassium: 565.84mg (16.17%), Vitamin E: 2.35mg (15.66%), Iron: 2.18mg (12.12%), Magnesium: 47.33mg (11.83%), Vitamin B1: 0.17mg (11.43%), Vitamin B3: 2.12mg (10.61%), Phosphorus: 84.06mg (8.41%), Zinc: 0.64mg (4.3%), Copper: 0.08mg (3.93%), Vitamin B5: 0.36mg (3.57%), Selenium: 1.22µg (1.75%)