



WHATSheATE



Kale with Golden Raisins and Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



261 kcal

SIDE DISH

Ingredients



2 servings blood oranges



2 tablespoons capers



3 tablespoons golden raisins



2 servings olive oil extra virgin extra-virgin



1 medium onion



2 tablespoons citrus champagne vinegar

Equipment



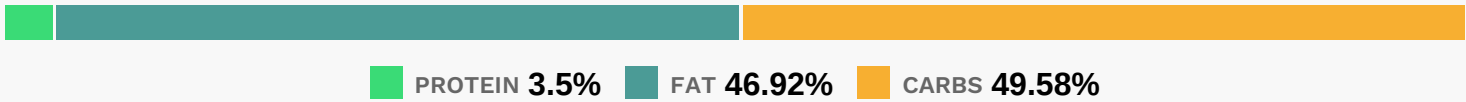
bowl

☐ frying pan

Directions

- ☐ Wash and trim the leaves. Peel the onion and slice it thinly into rings.
- ☐ Pour a thin layer of oil, say a couple of tablespoons, into a shallow pan and let the onion cook for fifteen minutes or so, until soft and sweet. It will need the occasional stir to stop it browning beyond a pale honey color.
- ☐ While the onion cooks, squeeze the orange juice into a small bowl, add the wine vinegar, then beat in up to five tablespoons of olive oil, to give a sweet-sharp dressing. Stir in the capers and a grinding of black pepper. Steam the greens briefly.
- ☐ Pour the blood orange dressing into the pan with the onion, shake in the golden raisins, and spoon over the leaves.

Nutrition Facts



Properties

Glycemic Index:63.08, Glycemic Load:14.36, Inflammation Score:-7, Nutrition Score:9.0113042282022%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 11.59mg, Kaempferol: 11.59mg, Kaempferol: 11.59mg, Kaempferol: 11.59mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 25.91mg, Quercetin: 25.91mg, Quercetin: 25.91mg, Quercetin: 25.91mg

Nutrients (% of daily need)

Calories: 260.7kcal (13.04%), Fat: 14.34g (22.05%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 29.83g (10.85%), Sugar: 24.1g (26.78%), Cholesterol: 0mg (0%), Sodium: 227.9mg (9.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin C: 53.09mg (64.35%), Fiber: 4.25g (17%), Vitamin E: 2.29mg (15.24%), Potassium: 420.24mg (12.01%), Vitamin K: 11.4µg (10.86%), Folate: 39.97µg (9.99%), Vitamin B6: 0.19mg (9.73%), Manganese: 0.18mg (8.79%), Copper: 0.17mg (8.75%), Vitamin B1: 0.11mg (7.12%), Calcium: 64.82mg (6.48%), Magnesium: 25.61mg (6.4%), Vitamin B2: 0.1mg (6.17%), Phosphorus: 56.42mg (5.64%), Iron: 0.89mg (4.93%), Vitamin A: 214.64IU (4.29%), Vitamin B5: 0.33mg (3.26%), Vitamin B3: 0.63mg (3.13%), Zinc: 0.26mg (1.72%), Selenium: 0.98µg (1.4%)