



Kale with Panfried Walnuts

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 garlic cloves finely chopped
- ☐ 3 pounds kale
- ☐ 3 tablespoons vegetable oil
- ☐ 3.5 ounces walnuts chopped

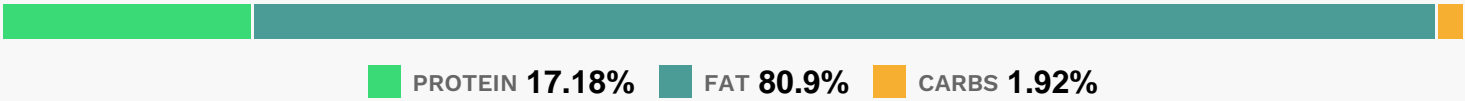
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Tear kale into large pieces, then cook in a large pot of well-salted boiling water, uncovered, until tender, about 6 minutes.
- ☐ Drain kale, and, when cool enough to handle, press out excess liquid.
- ☐ Cook walnuts in oil in a 12-inch heavy skillet over medium-low heat, stirring occasionally, until pale golden, about 5 minutes. Stir in garlic and cook, stirring, until very fragrant, about 1 minute.
- ☐ Add kale and salt and pepper to taste and cook, tossing, until heated through.
- ☐ Serve kale warm or at room temperature.
- ☐ Josmeyer Les Folastries
- ☐ Gewürztraminer '05
- ☐ Kale can be boiled (and excess liquid pressed out) 1 day ahead and chilled. Reheat before serving.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:16.006521532069%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 678.43kcal (33.92%), Fat: 61.53g (94.66%), Saturated Fat: 23.04g (144.03%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 2.43g (0.88%), Sugar: 0.33g (0.37%), Cholesterol: 127.57mg (42.52%), Sodium: 90.53mg (3.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.4g (58.81%), Zinc: 6.94mg (46.27%), Vitamin B12: 2.64µg (43.94%), Selenium: 29.8µg (42.57%), Vitamin B6: 0.7mg (35.09%), Vitamin B3: 6.62mg (33.1%), Phosphorus: 248.18mg (24.82%), Vitamin B2: 0.38mg (22.15%), Manganese: 0.44mg (21.8%), Iron: 3.15mg (17.48%), Copper: 0.3mg (15.08%), Potassium: 428.52mg (12.24%), Magnesium: 48.7mg (12.18%), Vitamin K: 12.28µg (11.69%), Vitamin B1: 0.17mg (11.42%), Folate: 17.28µg (4.32%), Fiber: 0.85g (3.39%), Vitamin E: 0.5mg (3.36%), Calcium: 30.52mg (3.05%), Vitamin D: 0.34µg (2.27%)