



Kale with Pickled Shallots



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



874 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds kale (2 bunches)
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 cup red-wine vinegar
- ☐ 1 cup shallots thinly sliced
- ☐ 1 pinch sugar
- ☐ 0.8 cup water

Equipment

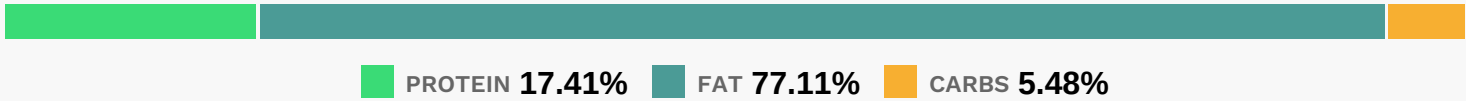
- ☐ sauce pan

☐ pot

Directions

- ☐ Bring vinegar, oil, sugar, and 1/4 teaspoon salt to a simmer in a small saucepan. Stir in shallots and remove from heat.
- ☐ Bring water to a simmer in a large pot, then add kale, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, uncovered, stirring, until kale is wilted and crisp-tender and liquid has evaporated, 5 to 8 minutes. Toss with shallot mixture, then season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:25.02, Glycemic Load:2.59, Inflammation Score:-3, Nutrition Score:20.48739105463%

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

Nutrients (% of daily need)

Calories: 874.03kcal (43.7%), Fat: 75.02g (115.41%), Saturated Fat: 30.13g (188.33%), Carbohydrates: 11.99g (4%), Net Carbohydrates: 10.1g (3.67%), Sugar: 4.9g (5.45%), Cholesterol: 170.1mg (56.7%), Sodium: 130.93mg (5.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.11g (76.22%), Zinc: 8.98mg (59.85%), Vitamin B12: 3.52µg (58.59%), Selenium: 39.49µg (56.42%), Vitamin B6: 1.04mg (51.93%), Vitamin B3: 8.75mg (43.76%), Phosphorus: 308.84mg (30.88%), Vitamin B2: 0.49mg (28.71%), Iron: 4.53mg (25.18%), Potassium: 697.9mg (19.94%), Vitamin B1: 0.21mg (13.71%), Magnesium: 52.02mg (13%), Vitamin E: 1.54mg (10.24%), Copper: 0.2mg (9.84%), Vitamin K: 10.2µg (9.71%), Manganese: 0.18mg (8.98%), Fiber: 1.89g (7.57%), Folate: 26.91µg (6.73%), Vitamin C: 4.81mg (5.83%), Calcium: 46.9mg (4.69%), Vitamin D: 0.45µg (3.02%), Vitamin B5: 0.17mg (1.72%)