



Kale with Pine Nuts and Shredded Parmesan

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



146 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 6 servings salt and ground pepper black to taste
- 1 bunch kale - stems removed rinsed roughly chopped
- 0.5 cup parmesan cheese shredded
- 0.3 cup pinenuts
- 1 teaspoon distilled vinegar white

Equipment

- bowl

frying pan

Directions

- Toast pine nuts in a skillet over low heat until golden brown and fragrant, about 5 minutes.
- Melt butter in a large skillet over medium heat.
- Place kale in the melted butter and cook until tender, 10 minutes.
- Toss cooked kale with vinegar in a serving bowl; season with salt and pepper.
- Sprinkle with Parmesan cheese to serve.

Nutrition Facts



PROTEIN 11.77% **FAT 82.88%** **CARBS 5.35%**

Properties

Glycemic Index:31.83, Glycemic Load:0.11, Inflammation Score:-9, Nutrition Score:12.000000001296%

Flavonoids

Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg Kaempferol: 10.14mg, Kaempferol: 10.14mg, Kaempferol: 10.14mg, Kaempferol: 10.14mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 146.32kcal (7.32%), Fat: 14g (21.53%), Saturated Fat: 6.54g (40.9%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.45g (0.5%), Cholesterol: 26mg (8.67%), Sodium: 205.95mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.95%), Vitamin K: 88.5µg (84.29%), Vitamin A: 2468.13IU (49.36%), Manganese: 0.65mg (32.64%), Vitamin C: 20.28mg (24.58%), Calcium: 157.36mg (15.74%), Phosphorus: 104.56mg (10.46%), Vitamin B2: 0.12mg (7%), Magnesium: 25.3mg (6.33%), Vitamin E: 0.91mg (6.04%), Zinc: 0.69mg (4.58%), Copper: 0.09mg (4.49%), Fiber: 1.12g (4.49%), Iron: 0.74mg (4.1%), Folate: 16.23µg (4.06%), Potassium: 120.26mg (3.44%), Vitamin B1: 0.05mg (3.25%), Selenium: 2.21µg (3.16%), Vitamin B3: 0.53mg (2.65%), Vitamin B6: 0.05mg (2.26%), Vitamin B12: 0.12µg (1.93%)