



Kale with Roasted Peppers and Olives



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons aged balsamic vinegar
- ☐ 2 cloves garlic thinly sliced
- ☐ 12 kalamata olives pitted chopped
- ☐ 2 large bunches kale
- ☐ 2 tablespoons olive oil
- ☐ 4 ounce roasted peppers red
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons sugar

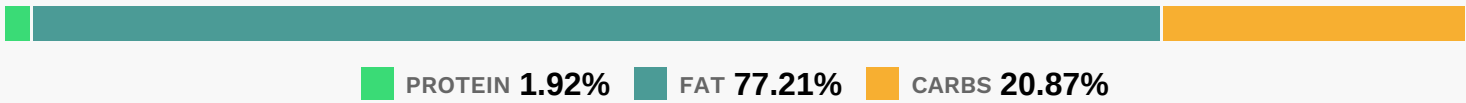
Equipment

☐ pot

Directions

- ☐ Cut the kale into bite-size pieces, removing any tough stems. Rinse and shake dry.
- ☐ Warm the oil and garlic in a large stockpot over medium-high heat.
- ☐ Remove the garlic as soon as it browns (don't let it burn).
- ☐ Add the kale and stir-fry 5 minutes.
- ☐ Add 1/4 cup water, cover, and cook 8 to 10 minutes or until tender. Uncover and add the sugar, salt, olives, and peppers. Cook over medium-high heat until the liquid has evaporated. Spoon into a serving dish; scatter the garlic over the top.
- ☐ Drizzle with the balsamic vinegar.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:22.76, Glycemic Load:1.11, Inflammation Score:-1, Nutrition Score:1.4434782946887%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 50.77kcal (2.54%), Fat: 4.47g (6.88%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 2.72g (0.91%), Net Carbohydrates: 2.33g (0.85%), Sugar: 1.64g (1.82%), Cholesterol: 0mg (0%), Sodium: 579.6mg (25.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Vitamin C: 7.06mg (8.56%), Vitamin E: 0.73mg (4.9%), Vitamin K: 3.18µg (3.03%), Vitamin A: 122.33IU (2.45%), Manganese: 0.04mg (2.14%), Vitamin B6: 0.04mg (1.84%), Fiber: 0.39g (1.58%), Copper: 0.03mg (1.47%), Calcium: 12.23mg (1.22%), Iron: 0.21mg (1.17%)