



Kale with Seaweed, Sesame and Ginger



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup arame sea vegetables dried (food-grade seaweed)
- ☐ 3 Tbsp vegetable oil
- ☐ 1 teaspoons sesame oil dark (roasted)
- ☐ 1 Tbsp ginger minced peeled
- ☐ 1 bunch kale (we used dinosaur kale)
- ☐ 1 Tbsp garlic minced
- ☐ 1 Tbsp soya sauce with bragg liquid aminos)
- ☐ 1 Tbsp sesame seed toasted

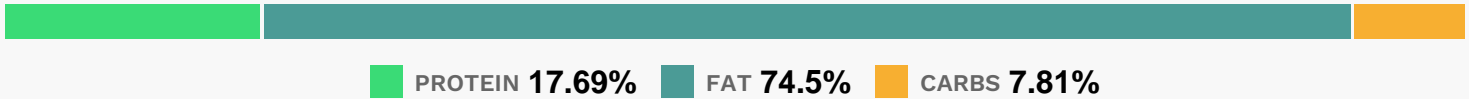
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Prepare the seaweed: Rinse the seaweed in water and let soak, covered in water for 5-7 minutes.
- ☐ Drain seaweed and place in a large bowl.
- ☐ Add 1 teaspoon of dark sesame oil and the minced ginger.
- ☐ Prepare kale by soaking in water to loosen any dirt, rinsing thoroughly. Chop cross-wise into 1-inch by 2-inch pieces.
- ☐ Sauté garlic, then seaweed and ginger: In a large covered skillet, uncover and heat 1 Tbsp of vegetable oil on medium heat.
- ☐ Add garlic and gently sauté for one minute, until fragrant.
- ☐ Add the seaweed and ginger, gently cook for 1 minute.
- ☐ Remove seaweed/ginger/garlic from pan back to the bowl and set aside.
- ☐ Add another 1 Tbsp oil to the skillet. When the oil is hot, add the chopped kale.
- ☐ Add 1 Tbsp soy sauce. Gently mix in the pan to coat the kale with the oil and soy sauce. Cover; lower heat to low; let cook for 5-10 minutes or until kale is wilted – soft enough to eat easily, but not so soft as to be mushy.
- ☐ Remove cover and let cook a minute more to evaporate any excess moisture.
- ☐ Remove from heat.
- ☐ Mix in the kale with the seaweed ginger mixture.
- ☐ Add more dark sesame oil and soy sauce to taste.
- ☐ Garnish with toasted sesame seeds.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.38, Inflammation Score:-9, Nutrition Score:15.764782698258%

Flavonoids

Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg Kaempferol: 15.22mg, Kaempferol: 15.22mg, Kaempferol: 15.22mg, Kaempferol: 15.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg

Nutrients (% of daily need)

Calories: 159.04kcal (7.95%), Fat: 13.52g (20.8%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 1.48g (0.54%), Sugar: 0.39g (0.44%), Cholesterol: 23.66mg (7.89%), Sodium: 289.82mg (12.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.45%), Vitamin K: 145.68µg (138.74%), Vitamin A: 3273.75IU (65.47%), Vitamin C: 31.07mg (37.66%), Vitamin B12: 1.13µg (18.83%), Selenium: 12.19µg (17.42%), Manganese: 0.33mg (16.69%), Calcium: 113.72mg (11.37%), Phosphorus: 100.09mg (10.01%), Vitamin B6: 0.19mg (9.54%), Magnesium: 33.5mg (8.38%), Vitamin B2: 0.14mg (8.05%), Vitamin E: 1.07mg (7.16%), Iron: 1.25mg (6.94%), Fiber: 1.71g (6.84%), Copper: 0.13mg (6.71%), Vitamin B3: 1.31mg (6.56%), Folate: 26.06µg (6.51%), Potassium: 224.16mg (6.4%), Vitamin B1: 0.09mg (6.08%), Zinc: 0.47mg (3.12%), Vitamin B5: 0.28mg (2.85%)