



Lacinato Kale and Ricotta Salata Salad



Vegetarian



Gluten Free



Popular

READY IN



25 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.8 pound tender regular kale (also called Tuscan kale)
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 4.5 tablespoons olive oil extra-virgin
- ☐ 1 cup coarsely ricotta salata grated
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots finely chopped

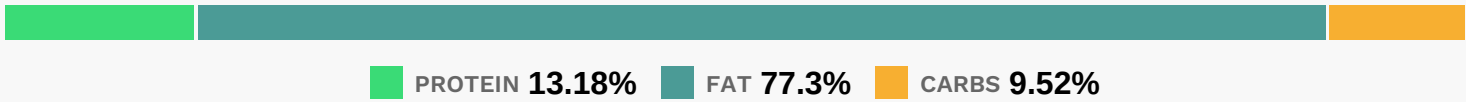
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Working in batches, cut kale crosswise into very thin slices.
- ☐ Whisk together shallot, lemon juice, salt, and pepper in a small bowl, then add oil in a slow stream, whisking until combined well.
- ☐ Toss kale and ricotta salata in a large bowl with enough dressing to coat well, then season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.54, Inflammation Score:-10, Nutrition Score:18.423478160215%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg Kaempferol: 26.54mg, Kaempferol: 26.54mg, Kaempferol: 26.54mg, Kaempferol: 26.54mg Quercetin: 12.82mg, Quercetin: 12.82mg, Quercetin: 12.82mg, Quercetin: 12.82mg

Nutrients (% of daily need)

Calories: 188.02kcal (9.4%), Fat: 16.72g (25.73%), Saturated Fat: 4.98g (31.14%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 2.17g (0.79%), Sugar: 0.92g (1.03%), Cholesterol: 21.08mg (7.03%), Sodium: 162.33mg (7.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.83%), Vitamin K: 228.07µg (217.2%), Vitamin A: 5848.98IU (116.98%), Vitamin C: 54.67mg (66.27%), Calcium: 231.57mg (23.16%), Manganese: 0.4mg (19.86%), Vitamin B2: 0.28mg (16.4%), Vitamin E: 1.94mg (12.93%), Folate: 42.01µg (10.5%), Phosphorus: 98.92mg (9.89%), Fiber: 2.46g (9.85%), Selenium: 6.55µg (9.36%), Potassium: 256.94mg (7.34%), Iron: 1.17mg (6.53%), Magnesium: 24.33mg (6.08%), Vitamin B6: 0.11mg (5.73%), Vitamin B1: 0.07mg (4.83%), Zinc: 0.72mg (4.78%), Vitamin B3: 0.72mg (3.62%), Vitamin B12: 0.14µg (2.34%), Copper: 0.04mg (2.17%), Vitamin B5: 0.16mg (1.55%)