



Lemony Kale Salad



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



52 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 teaspoons pumpkinseed kernels unsalted
- ☐ 0.3 cup green onions sliced (2)
- ☐ 4 cups torn kale leaves
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 ounce pecorino cheese shaved

- ☐ 0.5 teaspoon sugar
- ☐ 2 cups torn swiss chard leaves

Equipment

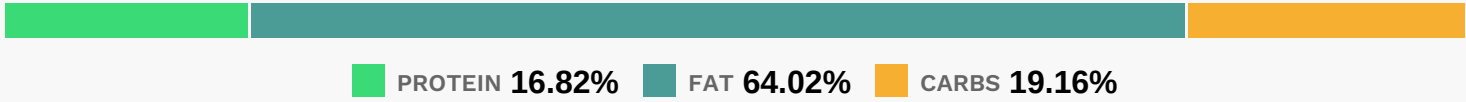
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients, stirring until sugar dissolves.
- ☐ Add kale and chard; toss.
- ☐ Let stand 10 minutes.
- ☐ Heat a skillet over medium heat.
- ☐ Add kernels; cook 5 minutes or until brown, stirring frequently.
- ☐ Add kernels, onions, and cheese to greens; toss.
- ☐ Combine 1 tablespoon rice vinegar, 1 tablespoon lower-sodium soy sauce, 2 teaspoons dark sesame oil, 1/2 teaspoon brown sugar, and 1/4 teaspoon chili garlic sauce in a bowl.
- ☐ Add 4 cups torn kale, 2 cups torn Savoy cabbage leaves, 1 cup shredded carrot, 1 cup sliced red bell pepper, 1/2 cup sliced radish, and 1/4 cup chopped cilantro; toss.
- ☐ Let stand 8 minutes.
- ☐ Serves 6 (serving size: 1 cup) Calories 60; Fat 2g (sat 3g); Sodium 136mg
- ☐ Combine 1 tablespoon lemon juice, 1 tablespoon olive oil, 1/2 teaspoon sugar, and 1/2 teaspoon pepper in a bowl, stirring until sugar dissolves.
- ☐ Add 4 cups torn kale and 2 cups torn Swiss chard; toss.
- ☐ Let stand 10 minutes.
- ☐ Add 1 cup chopped English cucumber, 1 ounce crumbled feta cheese, 1/4 cup sliced green onions, and 10 kalamata olives, pitted and quartered. Toss.
- ☐ Serves 6 (serving size: 1 cup) Calories 79; Fat 3g (sat 3g); Sodium 200mg
- ☐ Combine 1 tablespoon cider vinegar, 1 tablespoon walnut oil, 1/2 teaspoon kosher salt, 1/2 teaspoon brown sugar, and 1/2 teaspoon pepper.
- ☐ Add 4 cups torn kale and 2 cups torn Swiss chard; toss.

- ☐ Let stand 10 minutes.
- ☐ Add 1 cup sliced Granny Smith apple, 1/2 cup sliced celery, 1/4 cup sliced red onion, 1 ounce crumbled blue cheese, and 2 tablespoons toasted walnuts; toss.
- ☐ Serves 6 (serving size: 1 cup) Calories 94; Fat 6g (sat 3g); Sodium 278mg

Nutrition Facts



Properties

Glycemic Index:37.52, Glycemic Load:0.46, Inflammation Score:-10, Nutrition Score:10.002608621898%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 3.3mg, Isorhamnetin: 3.3mg, Isorhamnetin: 3.3mg, Isorhamnetin: 3.3mg Kaempferol: 7.3mg, Kaempferol: 7.3mg, Kaempferol: 7.3mg, Kaempferol: 7.3mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 51.88kcal (2.59%), Fat: 3.9g (6%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 1.64g (0.59%), Sugar: 0.92g (1.02%), Cholesterol: 4.91mg (1.64%), Sodium: 194.09mg (8.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Vitamin K: 164.61µg (156.77%), Vitamin A: 2196.21IU (43.92%), Vitamin C: 18.48mg (22.4%), Calcium: 96.03mg (9.6%), Manganese: 0.17mg (8.47%), Phosphorus: 52.65mg (5.26%), Vitamin B2: 0.08mg (4.93%), Vitamin E: 0.7mg (4.65%), Magnesium: 17.98mg (4.49%), Fiber: 0.99g (3.96%), Folate: 15.1µg (3.78%), Potassium: 118.94mg (3.4%), Iron: 0.58mg (3.22%), Vitamin B6: 0.04mg (2.09%), Copper: 0.04mg (1.88%), Vitamin B1: 0.03mg (1.78%), Zinc: 0.25mg (1.67%), Selenium: 0.98µg (1.4%), Vitamin B3: 0.28mg (1.38%)