



Marinated Kale Salad with Gouda and Shaved Apples

 Vegetarian  Gluten Free

READY IN



135 min.

SERVINGS



8

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.3 cup gouda cheese shaved
- ☐ 1.5 tablespoons honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 8 oz destemmed lacinato/dinosaur kale stemmed chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 teaspoon pepper freshly ground

☐ 3 pink lady apples

Equipment

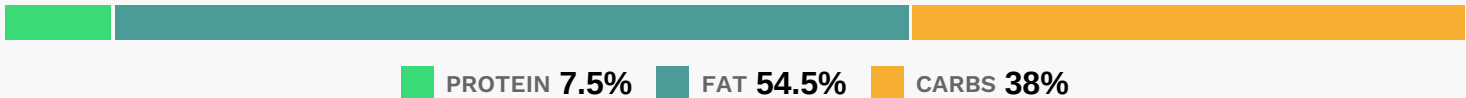
☐ bowl

☐ whisk

Directions

- ☐ Cut apples into 1/4-inch-thick rings, cutting from 1 side through the other.
- ☐ Whisk together lemon juice and next 4 ingredients in a large bowl.
- ☐ Add kale and apples; toss to coat. Cover and chill 2 to 24 hours.
- ☐ Add Gouda cheese, and toss just before serving.
- ☐ *1 Granny Smith apple may be substituted.

Nutrition Facts



Properties

Glycemic Index:21.91, Glycemic Load:4.26, Inflammation Score:-9, Nutrition Score:12.811739097471%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 6.69mg, Isorhamnetin: 6.69mg, Isorhamnetin: 6.69mg, Isorhamnetin: 6.69mg Kaempferol: 13.36mg, Kaempferol: 13.36mg, Kaempferol: 13.36mg, Kaempferol: 13.36mg Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg

Nutrients (% of daily need)

Calories: 145.21kcal (7.26%), Fat: 9.33g (14.36%), Saturated Fat: 2.31g (14.41%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 11.8g (4.29%), Sugar: 10.91g (12.13%), Cholesterol: 8.43mg (2.81%), Sodium: 149.31mg (6.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Vitamin K: 116.4µg (110.86%), Vitamin A: 2911.4IU (58.23%), Vitamin C: 32.59mg (39.5%), Calcium: 128.94mg (12.89%), Fiber: 2.85g (11.39%), Manganese: 0.22mg (11.19%), Vitamin E: 1.31mg (8.75%), Vitamin B2: 0.14mg (8.44%), Phosphorus: 64.33mg (6.43%), Folate: 22.79µg (5.7%), Potassium: 191.44mg (5.47%), Vitamin B6: 0.08mg (4.01%), Magnesium: 15.56mg (3.89%), Iron: 0.62mg (3.45%), Vitamin B1: 0.05mg (3.18%), Zinc: 0.44mg (2.93%), Vitamin B3: 0.41mg (2.07%), Copper: 0.04mg (1.98%), Selenium: 1.37µg (1.96%), Vitamin B12: 0.11µg (1.9%), Vitamin B5: 0.11mg (1.06%)