



 **77%**
HEALTH SCORE

Massaged Kale Salad with Sweet Potatoes and Pumpkin Seed Dressing

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



2

CALORIES



433 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 servings pepper black freshly ground
- 0.3 teaspoon cumin
- 1 clove garlic peeled
- 1 small jalapeno seeds removed (or to taste)
- 1 juice of lime
- 1 bunch kale washed chopped
- 2 tablespoons silken tofu

- 1 teaspoon miso white to taste (shiro) (or salt)
- 1 cup pinto beans drained and rinsed canned cooked well ()
- 2 tablespoons pumpkin seeds (recipe below)
- 0.3 cup pumpkin seeds
- 2 servings pumpkin seeds hot chopped for garnish
- 2 servings the dressing for drizzling
- 0.5 teaspoon soya sauce
- 1 large sweet potatoes and into
- 0.3 cup water
- 1 tablespoon balsamic vinegar white

Equipment

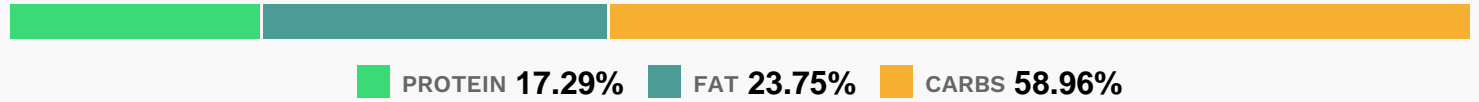
- bowl
- baking sheet
- oven
- grill
- grill pan
- cutting board

Directions

- Place the slices on the grill, grill pan, or non-stick baking sheet, brush the tops with soy sauce, and grate a little black pepper over them. Grill or bake until tender, turning after 5 minutes in a grill pan or 10 minutes in the oven. (They took about 10 minutes in my Foreman grill, but will probably take longer using the other methods.)
- Remove from oven, transfer to a cutting board, and cut into cubes or wedges. While the sweet potato is cooking,
- Place the chopped kale in a very large bowl and add 2 tablespoons of the Pumpkin Seed Dressing. Using clean hands, massage the dressing into the kale, squeezing the kale in your hands until it is softened and reduced in volume by about two-thirds. Do not be gentle! This massage should take 2 to 4 minutes.

- Put the kale on a serving plate or bowl and top with the sweet potatoes and pinto beans.
- Sprinkle with pumpkin seeds and chopped hot peppers and drizzle with more dressing.

Nutrition Facts



Properties

Glycemic Index:184.25, Glycemic Load:21.79, Inflammation Score:-10, Nutrition Score:41.23913050945%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg Kaempferol: 30.44mg, Kaempferol: 30.44mg, Kaempferol: 30.44mg, Kaempferol: 30.44mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 15.15mg, Quercetin: 15.15mg, Quercetin: 15.15mg, Quercetin: 15.15mg

Nutrients (% of daily need)

Calories: 432.68kcal (21.63%), Fat: 11.96g (18.4%), Saturated Fat: 2.06g (12.87%), Carbohydrates: 66.78g (22.26%), Net Carbohydrates: 49.65g (18.06%), Sugar: 10.56g (11.73%), Cholesterol: 0.41mg (0.14%), Sodium: 340.08mg (14.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.59g (39.18%), Vitamin A: 30704.5IU (614.09%), Vitamin K: 264.07µg (251.49%), Manganese: 2.22mg (110.9%), Vitamin C: 79.13mg (95.92%), Fiber: 17.13g (68.51%), Magnesium: 230.6mg (57.65%), Folate: 221.44µg (55.36%), Phosphorus: 501.05mg (50.11%), Potassium: 1417.72mg (40.51%), Copper: 0.8mg (40.13%), Vitamin B6: 0.74mg (36.97%), Iron: 6.06mg (33.69%), Vitamin B1: 0.45mg (30.21%), Calcium: 282.62mg (28.26%), Vitamin B2: 0.44mg (25.7%), Zinc: 3.31mg (22.07%), Vitamin B5: 1.81mg (18.09%), Vitamin E: 2.41mg (16.09%), Vitamin B3: 3.2mg (15.99%), Selenium: 9.24µg (13.19%)