



HEALTH SCORE

100%

Mélange of Kale, Potatoes, and Tomatoes with Parmesan



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3 garlic cloves minced
- ☐ 1 pound kale
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons olive oil

- ☐ 1 ounce parmesan cheese fresh shaved
- ☐ 0.5 teaspoon salt
- ☐ 2.5 cups tomatoes seeded chopped
- ☐ 8 cups water
- ☐ 1.3 pounds yukon gold red ()

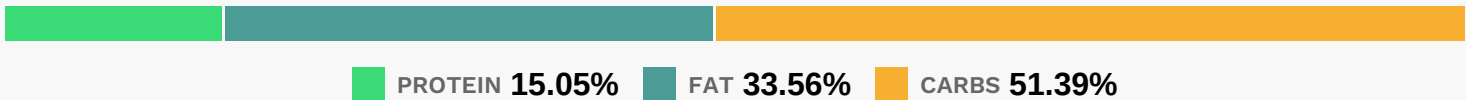
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Remove stems from kale. Wash and pat dry; coarsely chop to measure 9 cups.
- ☐ Bring water to a boil in a Dutch oven.
- ☐ Add potato; cook 5 minutes or until almost tender.
- ☐ Add kale; cook 2 minutes or until vegetables are tender.
- ☐ Drain potato mixture in a colander over a bowl, reserving 1/2 cup cooking liquid.
- ☐ Heat 1 tablespoon oil in a large skillet over medium heat.
- ☐ Add red pepper and garlic; saut 30 seconds.
- ☐ Add potato mixture, reserved 1/2 cup cooking liquid, tomato, lemon juice, salt, and black pepper; stir gently. Cook 5 minutes or until thoroughly heated, stirring occasionally. Spoon 1 1/2 cups potato mixture onto each of 4 plates.
- ☐ Drizzle each serving with 1/2 teaspoon oil. Arrange 1 tablespoon cheese over each serving.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:1.35, Inflammation Score:-10, Nutrition Score:30.64869572222222%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg Kaempferol: 53.16mg, Kaempferol: 53.16mg, Kaempferol: 53.16mg, Kaempferol: 53.16mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 27.12mg, Quercetin: 27.12mg, Quercetin: 27.12mg, Quercetin: 27.12mg

Nutrients (% of daily need)

Calories: 236.92kcal (11.85%), Fat: 9.45g (14.53%), Saturated Fat: 2.21g (13.8%), Carbohydrates: 32.55g (10.85%), Net Carbohydrates: 24.24g (8.81%), Sugar: 5.37g (5.96%), Cholesterol: 4.82mg (1.61%), Sodium: 520.76mg (22.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.06%), Vitamin K: 457.53µg (435.74%), Vitamin A: 12207.65IU (244.15%), Vitamin C: 133.02mg (161.23%), Manganese: 1.11mg (55.58%), Calcium: 415.13mg (41.51%), Potassium: 1283.9mg (36.68%), Fiber: 8.31g (33.24%), Vitamin B2: 0.48mg (28.42%), Folate: 111.16µg (27.79%), Vitamin B6: 0.52mg (26.06%), Phosphorus: 224.69mg (22.47%), Magnesium: 87.89mg (21.97%), Copper: 0.39mg (19.67%), Vitamin B1: 0.29mg (19.07%), Iron: 3.27mg (18.15%), Vitamin B3: 3.57mg (17.87%), Vitamin E: 2.13mg (14.2%), Zinc: 1.35mg (8.97%), Vitamin B5: 0.63mg (6.35%), Selenium: 3.68µg (5.26%), Vitamin B12: 0.09µg (1.42%)