



Nutritious Kale Salad with Hazelnut-Balsamic Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup canola oil
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons cranberries dried
- ☐ 0.3 cup flat parsley whole
- ☐ 1 tablespoon thyme leaves fresh chopped

- ☐ 1 clove garlic minced
- ☐ 2 tablespoons hazelnuts toasted chopped
- ☐ 4 cups kale generous chopped (see note below)
- ☐ 0.5 teaspoon salt
- ☐ 1 shallots minced
- ☐ 1 tablespoon water
- ☐ 0.3 cup ground crushed toasted

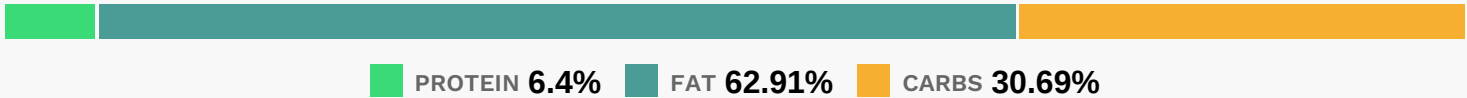
Equipment

- ☐ bowl
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Combine the kale, chopped hazelnuts, cranberries, and parsley in a large salad bowl.To prepare the vinaigrette, combine the vinegar, water, mustard, salt, shallot, garlic, thyme, pepper, and hazelnuts in a medium bowl using an immersion blender.With the blender running, slowly blend in the canola oil until an emulsion forms.Alternately, you can prepare this with an upright blender, drizzling the olive oil in through the top as it runs on low.
- ☐ Pour the vinaigrette over the kale salad, toss gently to coat, and serve.

Nutrition Facts



Properties

Glycemic Index:78.25, Glycemic Load:2.44, Inflammation Score:-10, Nutrition Score:16.082174093827%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate:

0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg
Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin:
0.83mg, Luteolin: 0.83mg Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin:
4.96mg Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg Myricetin: 0.75mg,
Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg,
Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 188.04kcal (9.4%), Fat: 13.76g (21.16%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 15.1g (5.03%), Net
Carbohydrates: 11.87g (4.32%), Sugar: 9.9g (11%), Cholesterol: 0mg (0%), Sodium: 337.95mg (14.69%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Vitamin K: 150.25µg (143.09%), Manganese: 1.07mg (53.4%),
Vitamin A: 2502.9IU (50.06%), Vitamin C: 28.95mg (35.09%), Vitamin E: 3.19mg (21.29%), Copper: 0.27mg (13.27%),
Fiber: 3.23g (12.91%), Iron: 1.8mg (9.99%), Magnesium: 38mg (9.5%), Calcium: 92.91mg (9.29%), Folate: 36µg (9%),
Vitamin B1: 0.12mg (7.96%), Vitamin B6: 0.15mg (7.34%), Potassium: 248mg (7.09%), Phosphorus: 64.46mg
(6.45%), Vitamin B2: 0.11mg (6.19%), Zinc: 0.54mg (3.59%), Vitamin B3: 0.63mg (3.15%), Selenium: 1.58µg (2.26%),
Vitamin B5: 0.21mg (2.06%)