



WHATSheATE



HEALTH SCORE

93%

Raw Kale, Grapefruit, and Toasted Hazelnut Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



225 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



8 ounces baby kale leaves very thinly sliced



0.3 teaspoon pepper black



0.5 cup yogurt plain fat-free



2 pink grapefruit



0.3 cup hazelnuts toasted chopped



0.5 teaspoon kosher salt



0.3 cup juice of lemon fresh

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 small onion red divided thinly sliced

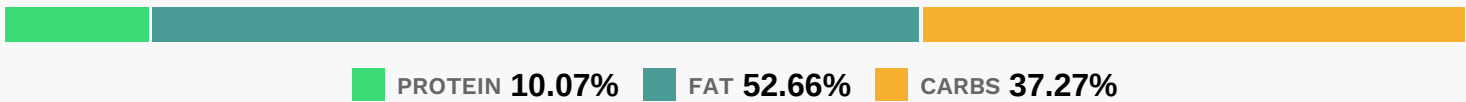
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Peel and segment grapefruit; reserve 3 TBSP juice in a large bowl. Mince 2 rings onion.
- ☐ Add to grapefruit juice, with lemon juice, yogurt, oil, salt, and pepper.
- ☐ Whisk until well mixed.
- ☐ Toss in kale. Top with remaining onion, grapefruit, and hazelnuts.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:3.37, Inflammation Score:-10, Nutrition Score:24.974782580915%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg Naringenin: 41.99mg, Naringenin: 41.99mg, Naringenin: 41.99mg, Naringenin: 41.99mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 14.07mg, Isorhamnetin: 14.07mg, Isorhamnetin: 14.07mg, Isorhamnetin: 14.07mg Kaempferol: 26.64mg, Kaempferol: 26.64mg, Kaempferol: 26.64mg, Kaempferol: 26.64mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.07mg, Quercetin: 16.07mg, Quercetin: 16.07mg, Quercetin: 16.07mg

Nutrients (% of daily need)

Calories: 224.6kcal (11.23%), Fat: 14.21g (21.87%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 22.64g (7.55%), Net Carbohydrates: 16.99g (6.18%), Sugar: 13.03g (14.47%), Cholesterol: 0.61mg (0.2%), Sodium: 345.18mg (15.01%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.23%), Vitamin K: 227.08µg (216.27%), Vitamin A: 7142.25IU (142.85%), Vitamin C: 100.72mg (122.08%), Manganese: 1.06mg (52.85%), Calcium: 249.4mg (24.94%), Fiber: 5.65g (22.62%), Vitamin E: 3.08mg (20.5%), Vitamin B2: 0.33mg (19.15%), Folate: 72.45µg (18.11%), Potassium: 553.78mg (15.82%), Vitamin B1: 0.21mg (13.88%), Magnesium: 54.86mg (13.72%), Phosphorus: 136.71mg (13.67%), Copper: 0.26mg (12.86%), Vitamin B6: 0.25mg (12.38%), Iron: 1.6mg (8.9%), Vitamin B5: 0.71mg (7.14%), Zinc: 0.89mg (5.91%), Vitamin B3: 1.18mg (5.9%), Vitamin B12: 0.19µg (3.11%), Selenium: 2.07µg (2.96%)