






 **95%**  
HEALTH SCORE

# Roasted Kale with Preserved Lemons

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN  
  
**45 min.**

SERVINGS  
  
**6**

CALORIES  
  
**76 kcal**

SIDE DISH

## Ingredients

- 1.3 pounds curly kale green rinsed ( 2 bunches)
- 2 tablespoons olive oil
- 3 tablespoons preserved lemons chopped (see notes)
- 6 servings salt and pepper

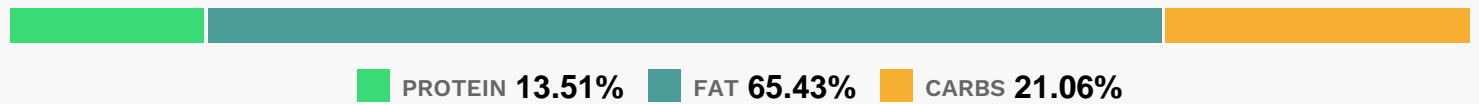
## Equipment

- bowl
- oven
- baking pan

## Directions

- Tear kale leaves away from tough center stems; discard stems.
- Cut kale into 2-inch pieces and place in a large bowl.
- Add oil and sprinkle lightly with salt and pepper; mix well to coat. Spoon into a 9- by 13-inch baking dish (kale will fill dish).
- Bake in a 450 regular or convection oven, stirring occasionally, until top pieces of kale are crisp and remaining are tender to bite, 20 to 25 minutes. Stir in preserved lemons or lemon peel and spoon into a bowl.
- Serve hot or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:5.33, Glycemic Load:0.1, Inflammation Score:-10, Nutrition Score:20.534782611805%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 22.3mg, Isorhamnetin: 22.3mg, Isorhamnetin: 22.3mg, Isorhamnetin: 22.3mg Kaempferol: 44.23mg, Kaempferol: 44.23mg, Kaempferol: 44.23mg, Kaempferol: 44.23mg Quercetin: 21.34mg, Quercetin: 21.34mg, Quercetin: 21.34mg, Quercetin: 21.34mg

## Nutrients (% of daily need)

Calories: 76.47kcal (3.82%), Fat: 6.1g (9.38%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 4.41g (1.47%), Net Carbohydrates: 0.3g (0.11%), Sugar: 0.99g (1.1%), Cholesterol: 0mg (0%), Sodium: 243.97mg (10.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.67%), Vitamin K: 371.35µg (353.67%), Vitamin A: 9440.39IU (188.81%), Vitamin C: 88.26mg (106.98%), Manganese: 0.62mg (31.16%), Calcium: 240.19mg (24.02%), Vitamin B2: 0.33mg (19.29%), Fiber: 4.22g (16.89%), Folate: 58.59µg (14.65%), Potassium: 328.94mg (9.4%), Vitamin E: 1.3mg (8.64%), Iron: 1.54mg (8.55%), Magnesium: 31.19mg (7.8%), Vitamin B1: 0.11mg (7.12%), Vitamin B6: 0.14mg (6.95%), Vitamin B3: 1.12mg (5.58%), Phosphorus: 51.97mg (5.2%), Copper: 0.05mg (2.51%), Zinc: 0.37mg (2.46%), Selenium: 0.85µg (1.22%)