



 **100%**
HEALTH SCORE

Sauteed Kale

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN



15 min.

SERVINGS



4

CALORIES



157 kcal

SIDE DISH

Ingredients

- 2 cloves garlic finely sliced
- 1.5 pounds young kale coarsely chopped
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 4 servings salt and pepper
- 0.5 cup vegetable stock

Equipment

- sauce pan

Directions

- Heat olive oil in a large saucepan over medium-high heat.
- Add the garlic and cook until soft, but not colored. Raise heat to high, add the stock and kale and toss to combine. Cover and cook for 5 minutes.
- Remove cover and continue to cook, stirring until all the liquid has evaporated. Season with salt and pepper to taste and add vinegar.

Nutrition Facts

PROTEIN 11.83% **FAT 68.53%** **CARBS 19.64%**

Properties

Glycemic Index:26.75, Glycemic Load:0.48, Inflammation Score:-10, Nutrition Score:26.722608726958%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 40.14mg, Isorhamnetin: 40.14mg, Isorhamnetin: 40.14mg, Isorhamnetin: 40.14mg Kaempferol: 79.61mg, Kaempferol: 79.61mg, Kaempferol: 79.61mg, Kaempferol: 79.61mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 38.43mg, Quercetin: 38.43mg, Quercetin: 38.43mg, Quercetin: 38.43mg

Nutrients (% of daily need)

Calories: 157.48kcal (7.87%), Fat: 13.04g (20.06%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 1.41g (0.51%), Sugar: 1.63g (1.81%), Cholesterol: 0mg (0%), Sodium: 402.51mg (17.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.13%), Vitamin K: 669.73µg (637.83%), Vitamin A: 17055.41IU (341.11%), Vitamin C: 159.38mg (193.18%), Manganese: 1.15mg (57.5%), Calcium: 435.44mg (43.54%), Vitamin B2: 0.59mg (34.82%), Fiber: 7.01g (28.02%), Folate: 105.51µg (26.38%), Vitamin E: 2.64mg (17.57%), Potassium: 601.02mg (17.17%), Iron: 2.84mg (15.78%), Magnesium: 56.81mg (14.2%), Vitamin B6: 0.27mg (13.43%), Vitamin B1: 0.2mg (13.01%), Vitamin B3: 2.02mg (10.09%), Phosphorus: 96.45mg (9.64%), Copper: 0.1mg (4.78%), Zinc: 0.68mg (4.56%), Selenium: 1.74µg (2.49%), Vitamin B5: 0.16mg (1.64%)