



Sautéed Kale with Chorizo and Crispy Garlic



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 4 large cloves garlic thinly sliced
- ☐ 2 pounds destemmed lacinato/dinosaur kale (4 bunches)
- ☐ 0.1 teaspoon salt
- ☐ 3 ounces chorizo spanish chopped
- ☐ 3 tablespoons vegetable oil
- ☐ 0.8 cup water

Equipment

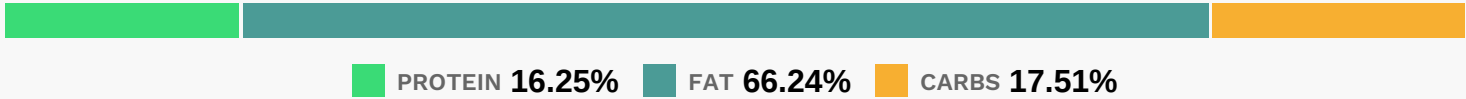
- ☐ frying pan

- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Working in batches, stack kale and cut crosswise into thin (about 1/4-inch-wide) shreds.
- ☐ Line a plate with a paper towel; set aside.
- ☐ Heat oil in a large (12-inch) nonstick skillet over medium heat until it shimmers.
- ☐ Add garlic and toast, stirring frequently until golden (about 2 minutes).
- ☐ Transfer with a slotted spoon to plate. Discard oil.
- ☐ In the same skillet, cook chorizo over medium-high heat until browned (2 minutes).
- ☐ Drain off all but 1/2 tablespoon fat from skillet.
- ☐ Add kale (in handfuls) and toss until just wilted and bright green (about 3–4 minutes).
- ☐ Add water and salt, and simmer, partially covered, until kale is just tender (6–10 minutes).
- ☐ Sprinkle with crisped garlic; serve.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.34, Inflammation Score:-10, Nutrition Score:25.101739137069%

Flavonoids

Isorhamnetin: 35.68mg, Isorhamnetin: 35.68mg, Isorhamnetin: 35.68mg, Isorhamnetin: 35.68mg Kaempferol: 70.77mg, Kaempferol: 70.77mg, Kaempferol: 70.77mg, Kaempferol: 70.77mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 34.18mg, Quercetin: 34.18mg, Quercetin: 34.18mg, Quercetin: 34.18mg

Nutrients (% of daily need)

Calories: 156.51kcal (7.83%), Fat: 12.35g (19%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 7.34g (2.45%), Net Carbohydrates: 1.1g (0.4%), Sugar: 1.23g (1.37%), Cholesterol: 8.86mg (2.95%), Sodium: 130.54mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.64%), Vitamin K: 602.21µg (573.53%), Vitamin A: 15155.43IU (303.11%), Vitamin C: 141.84mg (171.93%), Manganese: 1.03mg (51.5%), Calcium: 388.58mg (38.86%), Vitamin B2: 0.53mg (30.99%), Fiber: 6.24g (24.96%), Folate: 93.8µg (23.45%), Potassium: 534.2mg (15.26%), Iron: 2.73mg

(15.16%), Magnesium: 50.69mg (12.67%), Vitamin B6: 0.25mg (12.35%), Vitamin B1: 0.17mg (11.66%), Vitamin E: 1.56mg (10.37%), Vitamin B3: 1.8mg (8.99%), Phosphorus: 86.22mg (8.62%), Copper: 0.09mg (4.54%), Zinc: 0.62mg (4.11%), Selenium: 1.64µg (2.35%), Vitamin B5: 0.15mg (1.5%)