



Sautéed Kale with Garlic, Shallots, and Capers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



49 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons capers drained chopped
- ☐ 12 servings coarse kosher salt
- ☐ 4 garlic cloves minced
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup shallots finely chopped (2 large)

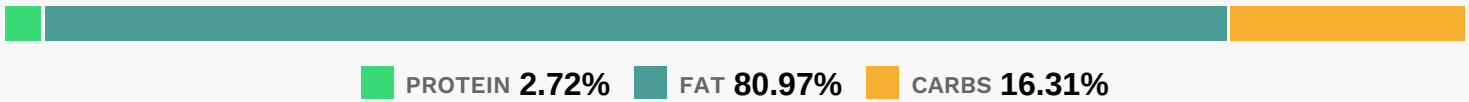
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring extra-large pot of salted water toboil.
- ☐ Add kale and cook until almost tender,about 8 minutes.
- ☐ Drain. Rinse kale undercold running water.
- ☐ Drain again. Coarselychop kale. DO AHEAD: Can be made 6 hoursahead. Cover and chill.
- ☐ Heat oil in large pot (preferablynonstick) over medium heat.
- ☐ Add shallotsand sauté until tender but not brown, about3 minutes.
- ☐ Add garlic and capers; stir 1minute. Stir in kale and sauté until tenderand heated through, about 7 minutes.Season to taste with coarse salt and pepper.
- ☐ Transfer kale to large bowl and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.5, Inflammation Score:-1, Nutrition Score:1.0052173767725%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 48.67kcal (2.43%), Fat: 4.53g (6.96%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.67g (0.61%), Sugar: 0.79g (0.88%), Cholesterol: 0mg (0%), Sodium: 232.15mg (10.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Vitamin E: 0.66mg (4.43%), Vitamin K: 3.13µg (2.98%), Manganese: 0.05mg (2.35%), Vitamin B6: 0.05mg (2.34%), Fiber: 0.38g (1.52%), Vitamin C: 1.16mg (1.4%), Potassium: 37.55mg (1.07%), Iron: 0.18mg (1.02%)