



Sautéed Kale with Lime Pickle



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons ghee unsalted (clarified butter)
- ☐ 2 bunches kale
- ☐ 4 servings pepper freshly ground
- ☐ 2 tablespoons lime prepared chopped
- ☐ 1 large shallots thinly sliced into rings

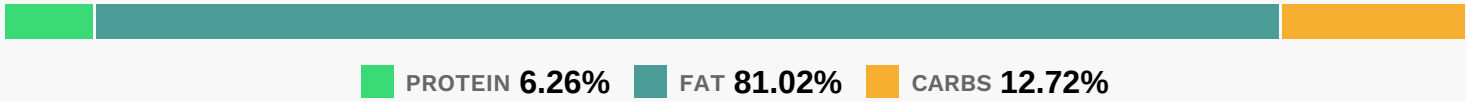
Equipment

- ☐ frying pan

Directions

- ☐ Heat ghee in a large skillet over medium-high heat.
- ☐ Add shallot and cook, stirring often, until beginning to brown, about 4 minutes. Working in batches, add kale, tossing and letting it cook down slightly before adding another handful or two, and adding a splash of water if pan looks dry.
- ☐ Add lime pickle and cook, tossing often, until kale is wilted and tender, 5–8 minutes; season with salt and pepper.
- ☐ Large-leafed bunch spinach or Swiss chard

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.41, Inflammation Score:-10, Nutrition Score:17.316086903862%

Flavonoids

Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg Kaempferol: 30.42mg, Kaempferol: 30.42mg, Kaempferol: 30.42mg, Kaempferol: 30.42mg Quercetin: 14.69mg, Quercetin: 14.69mg, Quercetin: 14.69mg, Quercetin: 14.69mg

Nutrients (% of daily need)

Calories: 126.95kcal (6.35%), Fat: 12.18g (18.73%), Saturated Fat: 7.08g (44.27%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 1.33g (0.48%), Sugar: 1.06g (1.18%), Cholesterol: 28.8mg (9.6%), Sodium: 35.51mg (1.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Vitamin K: 253.73µg (241.65%), Vitamin A: 6495.8IU (129.92%), Vitamin C: 62.08mg (75.25%), Manganese: 0.46mg (22.98%), Calcium: 168.85mg (16.88%), Vitamin B2: 0.23mg (13.39%), Fiber: 2.97g (11.9%), Folate: 42.68µg (10.67%), Potassium: 251.46mg (7.18%), Iron: 1.14mg (6.35%), Vitamin B6: 0.12mg (5.93%), Magnesium: 23.11mg (5.78%), Vitamin B1: 0.08mg (5.21%), Phosphorus: 40.2mg (4.02%), Vitamin B3: 0.79mg (3.93%), Vitamin E: 0.44mg (2.93%), Copper: 0.04mg (2.16%), Zinc: 0.28mg (1.89%)