



Sauteed Kale with Smoked Paprika



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1072 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 cups kale packed coarsely chopped () (from)
- ☐ 2 tablespoons olive oil divided
- ☐ 0.8 cup onion chopped
- ☐ 1 pinch pepper dried red generous crushed
- ☐ 0.3 teaspoon paprika smoked sweet hot

Equipment

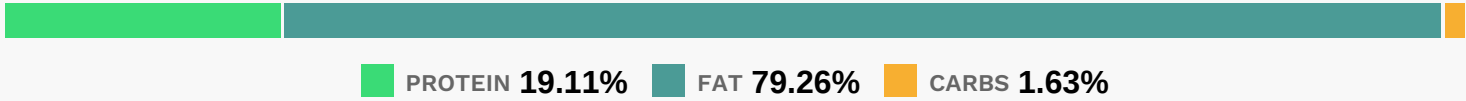
- ☐ bowl
- ☐ frying pan

- ☐ pot
- ☐ colander

Directions

- ☐ Cook kale in large pot of boiling salted water until wilted, about 5 minutes.
- ☐ Transfer to colander; drain.
- ☐ Heat 1 tablespoon oil in heavy large skillet over medium heat.
- ☐ Add onion and sauté until soft, about 5 minutes. Stir in 1/4 teaspoon smoked paprika and crushed red pepper; sprinkle with salt.
- ☐ Add kale and sauté until heated through, about 4 minutes. Season to taste with salt and pepper and more smoked paprika, if desired.
- ☐ Transfer to serving bowl; drizzle with remaining 1 tablespoon oil and serve.
- ☐ *Sweet smoked paprika is sometimes labeled Pimentón Dulce or Pimentón de La Vera Dulce, and hot smoked paprika is sometimes labeled Pimentón Picante or Pimentón de La Vera Picante; available at some supermarkets, at specialty foods stores, an from tienda.com.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:24.237391156995%

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: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 1071.6kcal (53.58%), Fat: 94.35g (145.16%), Saturated Fat: 40.54g (253.36%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 4.01g (1.46%), Sugar: 0.86g (0.95%), Cholesterol: 236.59mg (78.86%), Sodium: 168.41mg (7.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.18g (102.36%), Vitamin B12: 4.89µg (81.49%), Zinc: 12.18mg (81.22%), Selenium: 54.05µg (77.22%), Vitamin B3: 12.04mg (60.21%), Vitamin B6: 1.19mg

(59.35%), Vitamin B2: 0.67mg (39.35%), Phosphorus: 384.65mg (38.47%), Iron: 5.23mg (29.06%), Potassium: 719.15mg (20.55%), Vitamin B1: 0.25mg (16.41%), Magnesium: 55.8mg (13.95%), Copper: 0.2mg (9.89%), Vitamin K: 7.71µg (7.34%), Vitamin E: 0.71mg (4.71%), Vitamin D: 0.63µg (4.21%), Calcium: 36.44mg (3.64%), Folate: 13.31µg (3.33%), Vitamin A: 106.32IU (2.13%), Vitamin C: 1.48mg (1.79%), Fiber: 0.37g (1.5%), Manganese: 0.03mg (1.37%)