

 100%
HEALTH SCORE

Sautéed Kale with Tahini Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

Ingredients



1 pound kale rinsed well



2 tablespoons olive oil extra virgin



1 cup onion chopped



1 clove garlic minced



4 servings salt



4 tablespoons tahini raw with toasted sesame seeds, not)



2 tablespoons juice of lemon



3 tablespoons water

- ☐ 1 teaspoon sesame oil dark
- ☐ 1 tablespoon sesame seed toasted for garnish

Equipment

- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ tongs

Directions

- ☐ Remove kale ribs, slice kale: Using a sharp paring knife, cut out the rib of each kale leaf. Discard or compost. Slice the leaves roughly 1/2-inch thick.
- ☐ Heat olive oil on medium high heat in a large sauté pan. When hot, add the chopped onion. Cook for a couple of minutes until translucent.
- ☐ Add the garlic and cook for a minute more.
- ☐ Add kale to the onions:
- ☐ Add the kale to the sauté pan. Even if you have a pretty large pan, the kale will be practically falling out of it. Put in as much as you can and use tongs to turn over and mix with the oil and onions.
- ☐ After a couple minutes the kale should wilt a bit so you can add the rest of the raw kale.
- ☐ Cook, turning the kale leaves over occasionally until the kales leaves have wilted and are tender.
- ☐ Sprinkle a little salt over the kale leaves while cooking.
- ☐ Make tahini sauce: While the kale is cooking, whisk together the tahini, lemon juice, water, 1/2 teaspoon of salt, and dark sesame oil.
- ☐ Add more salt and sesame oil to taste.
- ☐ Toss cooked kale with sauce: Once the kale is done, toss in the sauce, reserving a little to drizzle on top.
- ☐ Serve, topped with a little sauce and toasted sesame seeds.

Nutrition Facts



 PROTEIN **11.07%**  FAT **65.48%**  CARBS **23.45%**

Properties

Glycemic Index:39.75, Glycemic Load:1.42, Inflammation Score:-10, Nutrition Score:27.25130422219%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 28.77mg, Isorhamnetin: 28.77mg, Isorhamnetin: 28.77mg, Isorhamnetin: 28.77mg Kaempferol: 53.33mg, Kaempferol: 53.33mg, Kaempferol: 53.33mg, Kaempferol: 53.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 33.77mg, Quercetin: 33.77mg, Quercetin: 33.77mg, Quercetin: 33.77mg

Nutrients (% of daily need)

Calories: 186.48kcal (9.32%), Fat: 14.72g (22.64%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 11.86g (3.95%), Net Carbohydrates: 5.31g (1.93%), Sugar: 2.83g (3.14%), Cholesterol: 0mg (0%), Sodium: 257.5mg (11.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Vitamin K: 446.78µg (425.5%), Vitamin A: 11330.69IU (226.61%), Vitamin C: 112.01mg (135.77%), Manganese: 1.06mg (52.94%), Calcium: 397.07mg (39.71%), Fiber: 6.55g (26.19%), Vitamin B2: 0.43mg (25.35%), Copper: 0.49mg (24.46%), Folate: 89.13µg (22.28%), Magnesium: 77.28mg (19.32%), Iron: 3.41mg (18.96%), Vitamin B6: 0.31mg (15.32%), Vitamin B1: 0.23mg (15.26%), Potassium: 510.67mg (14.59%), Phosphorus: 138.62mg (13.86%), Vitamin E: 1.82mg (12.1%), Vitamin B3: 1.85mg (9.24%), Zinc: 1.3mg (8.66%), Selenium: 4.78µg (6.82%), Vitamin B5: 0.17mg (1.72%)