



Sautéed Kale with Toasted Cashews



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



240 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup roasted cashews unsalted roughly chopped
- ☐ 4 tablespoons olive oil extra virgin divided
- ☐ 0.5 onion yellow sliced
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 bunch kale rinsed roughly chopped
- ☐ 1 tablespoon juice of lemon plus more to taste
- ☐ 4 servings salt

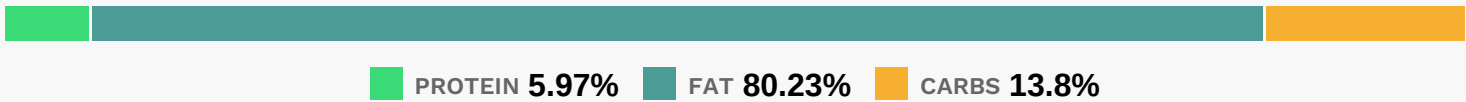
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ tongs

Directions

- ☐ Toast the cashews: In a large, shallow sauté pan, heat on medium high.
- ☐ Add the cashews and spread out in an even layer. Toast, stirring occasionally until lightly browned here and there, and you smell the aroma of the toasted cashews.
- ☐ Remove from the pan to a bowl.
- ☐ Cook the onions:
- ☐ Add a couple tablespoons of olive oil to the pan.
- ☐ Heat on medium.
- ☐ Add the onions and cook until translucent, about 5 minutes.
- ☐ Add the kale and red pepper flakes: Increase the heat to high/medium high.
- ☐ Add a couple tablespoons more of olive oil to the pan.
- ☐ Add the red pepper flakes.
- ☐ Add the roughly chopped kale. Use tongs to turn the kale leaves over so that they are all coated with olive oil.
- ☐ Cook just a couple minutes, turning the leaves over often, until they are just beginning to wilt.
- ☐ Sprinkle on lemon juice and salt.
- ☐ Remove from heat. Stir in the cashews.
- ☐ Taste and add more salt and lemon juice to taste.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.32, Inflammation Score:-10, Nutrition Score:15.970434904099%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 8.36mg, Isorhamnetin: 8.36mg, Isorhamnetin: 8.36mg, Isorhamnetin: 8.36mg Kaempferol: 15.3mg, Kaempferol: 15.3mg, Kaempferol: 15.3mg, Kaempferol: 15.3mg Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg

Nutrients (% of daily need)

Calories: 240.46kcal (12.02%), Fat: 22.49g (34.6%), Saturated Fat: 3.57g (22.32%), Carbohydrates: 8.7g (2.9%), Net Carbohydrates: 6.53g (2.37%), Sugar: 1.81g (2.01%), Cholesterol: 0mg (0%), Sodium: 218.72mg (9.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.53%), Vitamin K: 141.44µg (134.7%), Vitamin A: 3321.38IU (66.43%), Vitamin C: 32.83mg (39.79%), Copper: 0.41mg (20.3%), Manganese: 0.38mg (18.93%), Vitamin E: 2.49mg (16.61%), Magnesium: 57.23mg (14.31%), Phosphorus: 106.82mg (10.68%), Calcium: 94.73mg (9.47%), Iron: 1.7mg (9.46%), Vitamin B2: 0.15mg (9.04%), Folate: 35.4µg (8.85%), Fiber: 2.18g (8.71%), Zinc: 1.12mg (7.48%), Potassium: 238.85mg (6.82%), Vitamin B6: 0.12mg (5.75%), Vitamin B1: 0.08mg (5.25%), Selenium: 2.42µg (3.46%), Vitamin B3: 0.67mg (3.36%), Vitamin B5: 0.26mg (2.62%)