



Shaved Honeycrisp Apple and Kale Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



190 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 honeycrisp apple
- ☐ 0.3 cup candied almonds roughly chopped
- ☐ 1 juice of lemon
- ☐ 2 cups kale thinly sliced
- ☐ 0.3 tsp kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup parmesan cheese shredded finely
- ☐ 0.3 tsp pepper

☐ 4 servings ichimi togarashi

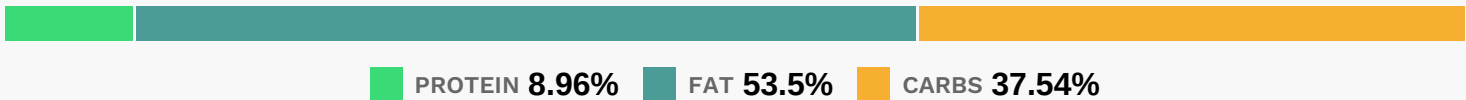
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ mandoline

Directions

- ☐ Whisk together oil, zest, and juice in a medium bowl.
- ☐ Add kale, cheese, and almonds, then toss to coat.
- ☐ Cut sides off apple into 4 pieces, leaving the core. Slice the apple pieces thinly with a mandoline or a knife.
- ☐ Add to salad and toss to coat. Season with salt, pepper, and ichimi togarashi.
- ☐ *Find at Asian markets or online.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:1.74, Inflammation Score:-10, Nutrition Score:9.8178259736818%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg 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: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg

4.98mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 190.08kcal (9.5%), Fat: 11.8g (18.16%), Saturated Fat: 2.37g (14.78%), Carbohydrates: 18.64g (6.21%), Net Carbohydrates: 15.99g (5.82%), Sugar: 14.44g (16.05%), Cholesterol: 4.25mg (1.42%), Sodium: 286.45mg (12.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.89%), Vitamin K: 48.59µg (46.28%), Vitamin A: 1716.91IU (34.34%), Vitamin E: 3.78mg (25.21%), Vitamin C: 14.82mg (17.96%), Manganese: 0.3mg (15.17%), Calcium: 125.95mg (12.6%), Fiber: 2.64g (10.57%), Phosphorus: 85.5mg (8.55%), Magnesium: 32.4mg (8.1%), Vitamin B2: 0.13mg (7.59%), Copper: 0.13mg (6.47%), Iron: 0.96mg (5.33%), Potassium: 177.17mg (5.06%), Vitamin B6: 0.09mg (4.72%), Zinc: 0.55mg (3.69%), Folate: 12.61µg (3.15%), Selenium: 2.17µg (3.11%), Vitamin B3: 0.57mg (2.85%), Vitamin B1: 0.04mg (2.42%), Vitamin B12: 0.08µg (1.25%), Vitamin B5: 0.12mg (1.18%)