



Shredded Kale Salad with Bacon and Dates



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 bacon crumbled cooked
- ☐ 1 teaspoon dijon mustard
- ☐ 3 cups kale shredded
- ☐ 1 teaspoon juice of lemon
- ☐ 11 medjool dates pitted cut into thin slices
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 tablespoons red wine vinegar

- ☐ 0.3 teaspoon salt
- ☐ 1 small shallots minced

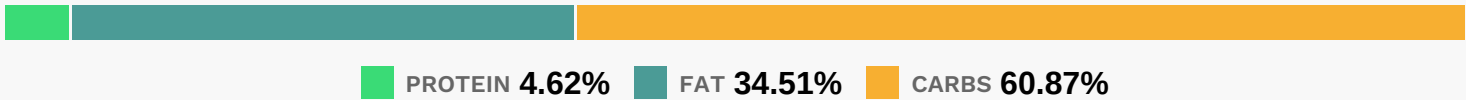
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together olive oil, vinegar, mustard, lemon juice, salt, freshly ground pepper, and minced shallot in a large serving bowl until smooth.
- ☐ Add shredded kale, and toss to coat. Cover and chill 1 to 2 hours. Toss in dates and bacon just before serving.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:0.15, Inflammation Score:-9, Nutrition Score:6.2760870981476%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg Kaempferol: 3.69mg, Kaempferol: 3.69mg, Kaempferol: 3.69mg, Kaempferol: 3.69mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 158.25kcal (7.91%), Fat: 6.5g (10%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 25.79g (8.6%), Net Carbohydrates: 23.11g (8.4%), Sugar: 22.27g (24.74%), Cholesterol: 2.97mg (0.99%), Sodium: 135.25mg (5.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin K: 34.9µg (33.24%), Vitamin A: 837.94IU (16.76%), Fiber: 2.68g (10.71%), Vitamin C: 7.87mg (9.54%), Manganese: 0.17mg (8.6%), Potassium: 286.43mg (8.18%), Copper: 0.13mg (6.57%), Vitamin B6: 0.12mg (6.07%), Magnesium: 22.6mg (5.65%), Vitamin E: 0.83mg (5.5%), Vitamin B3: 0.95mg (4.75%), Calcium: 43.64mg (4.36%), Phosphorus: 39.43mg (3.94%), Vitamin B2: 0.06mg (3.25%), Vitamin B5: 0.32mg (3.19%), Iron: 0.55mg (3.07%), Vitamin B1: 0.05mg (3.03%), Folate: 11.07µg

(2.77%), Selenium: 1.85µg (2.64%), Zinc: 0.29mg (1.91%)