



WHATSheATE



HEALTH SCORE

77%

Shredded Kale Salad with Turkey Skin Cracklings



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



40 min.

SERVINGS



8

CALORIES



245 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 pound kale (also called Tuscan or dinosaur kale)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 8 servings salt
- ☐ 2 pounds turkey thighs frozen thin (see Cooks' Notes)

- ☐ 1 cup water

Equipment

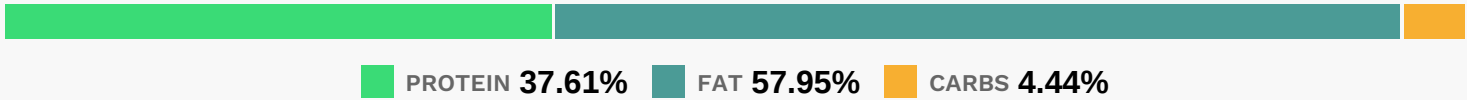
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ stove
- ☐ ziploc bags
- ☐ slotted spoon

Directions

- ☐ Remove frozen skin from plastic bag and cut it into roughly 3/4-inch pieces (about 1 1/4 cups).
- ☐ Combine the skin, 1 cup water, and 1/4 teaspoon salt in a 2- to 3-quart heavy saucepan and briskly simmer mixture, stirring occasionally (the skin tends to stick to the bottom), until water is evaporated and cracklings begin to fry in their own fat (you'll hear the sizzling), about 15 minutes.
- ☐ Reduce heat and continue to fry the cracklings slowly, stirring frequently, until deep golden and crisp, about 10 to 20 minutes longer.
- ☐ Using a slotted spoon, transfer them to paper towels to drain. Taste and season with salt, if necessary. Reserve or discard fat remaining in pan as you wish (see Cooks' Notes).
- ☐ While cracklings are cooking, cut the center rib from the kale and discard, then thinly slice the leaves crosswise.
- ☐ Whisk together lemon juice, mustard, and 1/4 teaspoon salt in a large bowl.
- ☐ Add the oil in a stream, whisking, and whisk dressing until it is emulsified.
- ☐ Add kale and toss to coat with dressing.
- ☐ Sprinkle cracklings over salad and grind pepper to taste over it. Toss again just before serving.

•When freezing the skin, try to spread out the pieces as thinly as possible in a resealable plastic bag to make them easier to cut after you remove them from the freezer. If you can't cut the skin right away, straight from the freezer, wait just a couple of minutes; it thaws fast. •Cracklings can be cooked 2 days ahead. Cool, uncovered, then chill, covered. Reheat in a small sheet pan in a 325°F oven or in a small heavy skillet on top of the stove. •Turkey fat, like all poultry fats, contains palmitoleic acid—a monounsaturated fatty acid—that is thought to boost the immune system. The rendered fat remaining from making the cracklings can be used to sauté vegetables to give them an extra-savory flavor. •The kale can be washed and dried a day ahead and kept chilled in a resealable plastic bag. The trimmed leaves can be thinly sliced 4 hours in advance and kept chilled in the same bag.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.07, Inflammation Score:-10, Nutrition Score:28.426521819571%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg Kaempferol: 26.54mg, Kaempferol: 26.54mg, Kaempferol: 26.54mg, Kaempferol: 26.54mg Quercetin: 12.81mg, Quercetin: 12.81mg, Quercetin: 12.81mg, Quercetin: 12.81mg

Nutrients (% of daily need)

Calories: 245.14kcal (12.26%), Fat: 15.75g (24.23%), Saturated Fat: 3.89g (24.31%), Carbohydrates: 2.72g (0.91%), Net Carbohydrates: 0.35g (0.13%), Sugar: 0.51g (0.56%), Cholesterol: 70.31mg (23.44%), Sodium: 724.45mg (31.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23g (46.01%), Vitamin K: 224.46µg (213.77%), Vitamin A: 5665.12IU (113.3%), Vitamin B12: 4.54µg (75.6%), Selenium: 45.98µg (65.69%), Vitamin C: 53.68mg (65.07%), Zinc: 4.88mg (32.52%), Vitamin B2: 0.54mg (31.62%), Phosphorus: 225.74mg (22.57%), Manganese: 0.39mg (19.42%), Vitamin B3: 3.4mg (16.98%), Vitamin B6: 0.31mg (15.58%), Calcium: 154.9mg (15.49%), Iron: 2.66mg (14.75%), Potassium: 474.42mg (13.55%), Vitamin B1: 0.18mg (11.91%), Magnesium: 38.72mg (9.68%), Vitamin B5: 0.96mg (9.64%), Fiber: 2.37g (9.48%), Folate: 36.7µg (9.18%), Vitamin E: 1.14mg (7.57%), Copper: 0.15mg (7.51%)