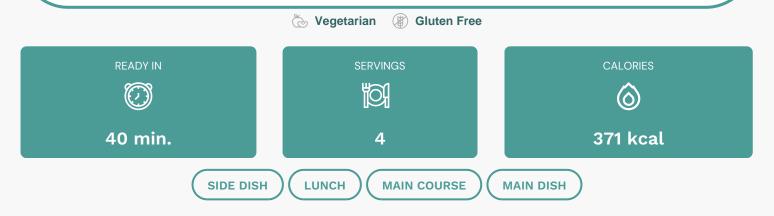


# Shredded Kale, Tomatoes, Feta, and Mint Salad



## Ingredients

2 tablespoons apple cider vinegar
2 teaspoons dijon mustard
1.5 cups feta cheese crumbled
1 pound flat parsley (2 bunches)
2 tablespoons mint leaves fresh thinly sliced
2 medium garlic clove finely chopped
1 teaspoon kosher salt as needed plus more

Nutrition Facts  PROTEIN 13.06% FAT 72.96% CARBS 13.98%		
	Serve immediately.	
_	as needed.	
	Add the tomatoes, feta, scallions, and mint and toss to combine. Taste and season with salt	
	Add the dressing to the bowl with the kale and toss to coat the leaves.	
	Transfer the garlic paste to a medium, nonreactive bowl, add the vinegar and mustard, and whisk to combine. While whisking continuously, add the remaining oil in a slow, steady stream until fully incorporated.	
	Place the garlic and remaining 1/2 teaspoon of salt on a cutting board and drag the side of a chef's knife across them at a 15-degree angle until a smooth paste forms.	
	Add 2 teaspoons of the oil and 1/2 teaspoon of the salt and gently squeeze and toss the leaves with your hands until they're coated with the oil and have softened slightly.	
	Cut out and discard the tough stems. Arrange the leaves into stacks, slice crosswise into 1/4-inch ribbons, and place in a large bowl.	
	Wash and dry the kale.	
Dii	rections	
Ш	cutting board	
	whisk	
	knife	
	bowl	
Εq	uipment	
	12 ounces and/or cherry tomatoes red yellow halved	
	2 medium spring onion light white green thinly sliced ( and parts only)	
	0.3 cup olive oil	

## **Properties**

#### **Flavonoids**

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Apigenin: 244.48mg, Apigenin: 244.48mg, Apigenin: 244.48mg, Apigenin: 244.48mg, Apigenin: 244.48mg, Apigenin: 244.48mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Myricetin: 16.85mg, Myricetin: 16.85mg, Myricetin: 16.85mg, Quercetin: 1.32mg, Quercetin: 1.32

### **Nutrients** (% of daily need)

Calories: 371.25kcal (18.56%), Fat: 31.34g (48.22%), Saturated Fat: 10.16g (63.51%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 8.65g (3.14%), Sugar: 1.22g (1.35%), Cholesterol: 50.06mg (16.69%), Sodium: 1336.15mg (58.09%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 12.62g (25.24%), Vitamin K: 1887.17µg (1797.3%), Vitamin A: 9972.92IU (199.46%), Vitamin C: 161.16mg (195.34%), Folate: 223.75µg (55.94%), Calcium: 459.99mg (46%), Iron: 8.24mg (45.76%), Vitamin B2: 0.64mg (37.75%), Phosphorus: 296.15mg (29.61%), Potassium: 932.99mg (26.66%), Vitamin E: 3.59mg (23.97%), Zinc: 3.17mg (21.11%), Vitamin B6: 0.42mg (20.82%), Magnesium: 83.06mg (20.76%), Manganese: 0.4mg (19.82%), Fiber: 4.87g (19.49%), Vitamin B12: 0.95µg (15.84%), Vitamin B3: 3.15mg (15.76%), Vitamin B1: 0.23mg (15.53%), Copper: 0.29mg (14.73%), Selenium: 10.01µg (14.3%), Vitamin B5: 1.12mg (11.22%), Vitamin D: 0.22µg (1.5%)