



 **53%**
HEALTH SCORE

Shredded Kale, Tomatoes, Feta, and Mint Salad

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



371 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

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

- 0.3 cup olive oil
- 2 medium spring onion light white green thinly sliced (and parts only)
- 12 ounces and/or cherry tomatoes red yellow halved

Equipment

- bowl
- knife
- whisk
- cutting board

Directions

- Wash and dry the kale.
- 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.
- 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.
- 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.
- 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.
- Add the dressing to the bowl with the kale and toss to coat the leaves.
- Add the tomatoes, feta, scallions, and mint and toss to combine. Taste and season with salt as needed.
- Serve immediately.

Nutrition Facts

 PROTEIN 13.06%  FAT 72.96%  CARBS 13.98%

Properties

Glycemic Index:48.25, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:32.894347688426%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg 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, Kaempferol: 1.83mg Myricetin: 16.85mg, Myricetin: 16.85mg, Myricetin: 16.85mg, Myricetin: 16.85mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

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: 0g (100%), Alcohol %: 0% (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%)