



Stir-fried curly kale with chilli & garlic



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



55 kcal

SIDE DISH

Ingredients



1 tbsp olive oil



200 g kale



2 garlic clove finely sliced



1 to 5 chillies red deseeded sliced

Equipment

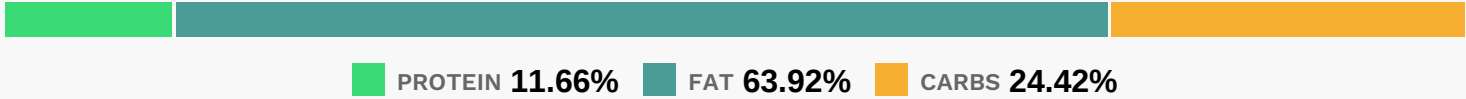


wok

Directions

☐ Heat the oil in a large wok, then add the kale and a couple tbsp water. Season, then stir-fry for 5–8 mins, adding the garlic and chilli for the final 2 mins. When the kale is tender and a vibrant green, remove from the heat and serve.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.56, Inflammation Score:-10, Nutrition Score:16.706086837727%

Flavonoids

Isorhamnetin: 11.8mg, Isorhamnetin: 11.8mg, Isorhamnetin: 11.8mg, Isorhamnetin: 11.8mg Kaempferol: 23.4mg, Kaempferol: 23.4mg, Kaempferol: 23.4mg, Kaempferol: 23.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg

Nutrients (% of daily need)

Calories: 55.17kcal (2.76%), Fat: 4.3g (6.62%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 1.45g (0.53%), Sugar: 1.01g (1.12%), Cholesterol: 0mg (0%), Sodium: 27.84mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.53%), Vitamin K: 198.71µg (189.25%), Vitamin A: 5102.23IU (102.04%), Vitamin C: 63.33mg (76.77%), Manganese: 0.38mg (18.78%), Calcium: 131.32mg (13.13%), Vitamin B2: 0.18mg (10.87%), Fiber: 2.25g (9%), Folate: 33.63µg (8.41%), Vitamin B6: 0.15mg (7.45%), Potassium: 216.27mg (6.18%), Vitamin E: 0.91mg (6.09%), Iron: 0.96mg (5.34%), Magnesium: 19.46mg (4.87%), Vitamin B1: 0.07mg (4.51%), Vitamin B3: 0.74mg (3.7%), Phosphorus: 34.63mg (3.46%), Copper: 0.05mg (2.27%), Zinc: 0.24mg (1.61%), Selenium: 0.72µg (1.03%)