



Sweet and Savory Kale



Vegetarian



Gluten Free



Dairy Free

READY IN

ready

55 min.

SERVINGS

servings

6

CALORIES

calories

106 kcal

SIDE DISH

Ingredients



0.3 cup almonds sliced



1.5 cups chicken broth



1 tablespoon cider vinegar



1 tablespoon dijon mustard



0.3 cup cranberries dried



2 cloves garlic minced



4 cups torn and kale stemmed rinsed



2 tablespoons olive oil

- ☐ 1 small onion diced
- ☐ 6 servings salt and pepper to taste
- ☐ 4 teaspoons sugar white

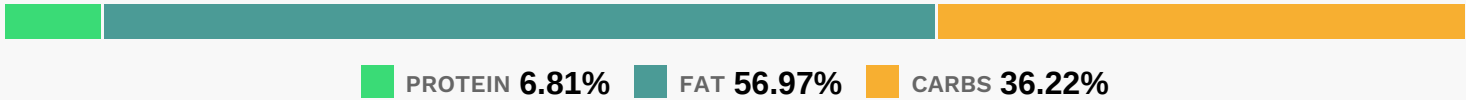
Equipment

- ☐ pot

Directions

- ☐ Heat olive oil in a large pot over medium heat. Stir in the onion and garlic; cook and stir until the onion softens and turns translucent, about 5 minutes. Stir in the mustard, sugar, vinegar, and chicken stock, and bring to a boil over high heat. Stir in the kale, cover, and cook 5 minutes until wilted.
- ☐ Stir in the dried cranberries, and continue boiling, uncovered, until the liquid has reduced by about half, and the cranberries have softened, about 15 minutes. Season to taste with salt and pepper.
- ☐ Sprinkle with sliced almonds before serving.

Nutrition Facts



Properties

Glycemic Index:40.18, Glycemic Load:2.26, Inflammation Score:-10, Nutrition Score:7.8869565135759%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.99mg, Isorhamnetin: 3.99mg, Isorhamnetin: 3.99mg, Isorhamnetin: 3.99mg Kaempferol: 6.65mg, Kaempferol: 6.65mg, Kaempferol: 6.65mg, Kaempferol: 6.65mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 105.9kcal (5.3%), Fat: 7.08g (10.89%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 8.47g (3.08%), Sugar: 7.41g (8.23%), Cholesterol: 1.17mg (0.39%), Sodium: 447.85mg (19.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.81%), Vitamin K: 57.89µg (55.14%), Vitamin A: 1401.91IU (28.04%), Vitamin C: 14.27mg (17.3%), Manganese: 0.27mg (13.46%), Vitamin E: 1.89mg (12.58%), Vitamin B2: 0.13mg (7.93%), Fiber: 1.65g (6.59%), Calcium: 55.11mg (5.51%), Magnesium: 18.51mg (4.63%), Phosphorus: 36.71mg (3.67%), Copper: 0.07mg (3.44%), Potassium: 116.63mg (3.33%), Vitamin B1: 0.05mg (3.25%), Folate: 12.79µg (3.2%), Iron: 0.54mg (3.01%), Vitamin B6: 0.06mg (2.79%), Vitamin B3: 0.49mg (2.47%), Selenium: 1.62µg (2.31%), Zinc: 0.27mg (1.8%)