



Sweet & sour kale with garlic & anchovy



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



170 kcal

SIDE DISH

Ingredients



400 g kale shredded



4 tbsp olive oil



4 garlic clove sliced



2 anchovy chopped



1 tsp brown sugar



1 tbsp red wine vinegar

Equipment

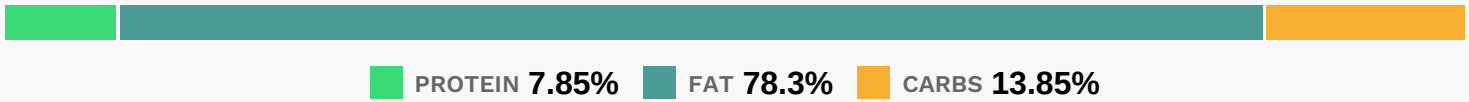


frying pan

Directions

- ☐ Cook the kale in a large pan of boiling water for about 4 mins until just tender.
- ☐ Drain, then place the empty pan back on the heat with the oil. Sizzle the garlic and anchovy, then add the sugar and vinegar and bubble for a moment. Toss the kale back into the pan to reheat, then tip everything into a side dish.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.38, Inflammation Score:-10, Nutrition Score:21.928260822011%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 23.6mg, Isorhamnetin: 23.6mg, Isorhamnetin: 23.6mg, Isorhamnetin: 23.6mg Kaempferol: 46.81mg, Kaempferol: 46.81mg, Kaempferol: 46.81mg, Kaempferol: 46.81mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 22.63mg, Quercetin: 22.63mg, Quercetin: 22.63mg, Quercetin: 22.63mg

Nutrients (% of daily need)

Calories: 169.6kcal (8.48%), Fat: 15.6g (24%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 2.04g (0.74%), Sugar: 1.61g (1.78%), Cholesterol: 1.2mg (0.4%), Sodium: 56.39mg (2.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Vitamin K: 398.48µg (379.51%), Vitamin A: 9991.27IU (199.83%), Vitamin C: 94.35mg (114.37%), Manganese: 0.71mg (35.64%), Calcium: 263.4mg (26.34%), Vitamin B2: 0.36mg (20.91%), Vitamin E: 2.69mg (17.93%), Fiber: 4.16g (16.65%), Folate: 62.28µg (15.57%), Potassium: 370.35mg (10.58%), Iron: 1.82mg (10.09%), Vitamin B6: 0.19mg (9.37%), Magnesium: 34.79mg (8.7%), Vitamin B1: 0.12mg (8.01%), Vitamin B3: 1.48mg (7.41%), Phosphorus: 63.4mg (6.34%), Copper: 0.07mg (3.35%), Zinc: 0.46mg (3.07%), Selenium: 2.07µg (2.95%), Vitamin B5: 0.12mg (1.23%)