



 **68%**  
HEALTH SCORE

## Tahini-Lemon Kale Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



108 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.8 cup quinoa cooked
- 6 cups destemmed lacinato/dinosaur kale stemmed thinly sliced
- 1 tablespoon juice of lemon fresh
- 2 teaspoons lower-sodium soy sauce
- 1 tablespoon olive oil
- 0.3 teaspoon pepper
- 1 tablespoon tahini
- 1 tablespoon water

# Equipment

bowl

whisk

# Directions

Combine water, lemon juice, olive oil, tahini, soy sauce, and pepper in a large bowl, stirring with a whisk.

Add kale and cooked quinoa; toss.

# Nutrition Facts



**PROTEIN 11.81%** **FAT 52.7%** **CARBS 35.49%**

# Properties

Glycemic Index:29.25, Glycemic Load:3.45, Inflammation Score:-9, Nutrition Score:14.558260956536%

# Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 7.43mg, Isorhamnetin: 7.43mg, Isorhamnetin: 7.43mg, Isorhamnetin: 7.43mg Kaempferol: 14.74mg, Kaempferol: 14.74mg, Kaempferol: 14.74mg, Kaempferol: 14.74mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

# Nutrients (% of daily need)

Calories: 108.35kcal (5.42%), Fat: 6.64g (10.22%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 7.57g (2.75%), Sugar: 0.66g (0.74%), Cholesterol: 0mg (0%), Sodium: 110.76mg (4.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Vitamin K: 125.16µg (119.2%), Vitamin A: 3152.01IU (63.04%), Vitamin C: 31.03mg (37.61%), Manganese: 0.45mg (22.67%), Phosphorus: 104.32mg (10.43%), Fiber: 2.5g (10%), Folate: 39.65µg (9.91%), Magnesium: 38.36mg (9.59%), Vitamin B2: 0.16mg (9.34%), Calcium: 92.87mg (9.29%), Vitamin B1: 0.13mg (8.96%), Copper: 0.15mg (7.39%), Iron: 1.26mg (6.97%), Vitamin E: 0.95mg (6.32%), Potassium: 200.85mg (5.74%), Vitamin B6: 0.1mg (5.03%), Zinc: 0.7mg (4.65%), Vitamin B3: 0.76mg (3.8%), Selenium: 2.57µg (3.67%)