



# The Best Shredded Kale Salad with Pecan Parmesan and Cranberries

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



256 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 teaspoon pepper black freshly ground (just eyeball it)
- 1 tablespoon olive oil extra virgin
- 2 pinches sea salt fine
- 2 large garlic clove
- 8 cups destemmed lacinato/dinosaur kale finely chopped
- 0.3 cup juice of lemon fresh (from 1 lemon)
- 1.5 tablespoons nutritional yeast

- 1 cup pecans toasted
- 1 handfuls cranberries dried sweetened for garnish


## Equipment

- food processor
- bowl
- baking sheet
- oven

## Directions

- Preheat the oven to 300F.
- Spread the pecans onto a baking sheet and toast in the oven for 8-10 minutes until fragrant and lightly golden.
- Remove the stems from the kale and discard (you can save for smoothies if you are hard core!). Finely chop the kale leaves (the smaller, the better!). Wash the kale and spin dry.
- Place dried kale into a large bowl. For the dressing: In a mini food processor, process the garlic until minced. Now add the lemon, oil, salt, and pepper and process until combined. Adjust to taste, if desired.
- Pour the dressing onto the kale and mix it into the kale with your hands or toss with spoons. Keep mixing for about 1 minute to ensure everything is coated perfectly. For the pecan parm: Rinse out the mini processor and pat dry.
- Add the pecans into the processor and process until the pecans are the size of peas or a bit larger. Now add in the nutritional yeast, oil, and salt and process again until it's a coarse crumb. Be sure not to over-process - we still want a nice crunchy texture here, not powder.
- Sprinkle the pecan Parmesan all over the salad. Toss on a handful or two of dried cranberries. Wrap and place in the fridge for 30-60 minutes to soften. I tried letting this salad sit overnight in the fridge and I greatly preferred the flavour of the salad served the day of, so I don't recommend making this salad the day before and letting it sit in the fridge overnight.

## Nutrition Facts



**PROTEIN 7.32%** **FAT 72.04%** **CARBS 20.64%**

## Properties

Glycemic Index:26, Glycemic Load:0.3, Inflammation Score:-10, Nutrition Score:20.466521864352%

## Flavonoids

Cyanidin: 2.7mg, Cyanidin: 2.7mg, Cyanidin: 2.7mg, Cyanidin: 2.7mg Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 9.91mg, Isorhamnetin: 9.91mg, Isorhamnetin: 9.91mg, Isorhamnetin: 9.91mg Kaempferol: 19.66mg, Kaempferol: 19.66mg, Kaempferol: 19.66mg, Kaempferol: 19.66mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg

## Nutrients (% of daily need)

Calories: 256.21kcal (12.81%), Fat: 22.19g (34.14%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 14.31g (4.77%), Net Carbohydrates: 9g (3.27%), Sugar: 7.16g (7.96%), Cholesterol: 0mg (0%), Sodium: 216.93mg (9.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.15%), Vitamin K: 167.57µg (159.59%), Vitamin A: 4211.39IU (84.23%), Manganese: 1.45mg (72.69%), Vitamin C: 45.88mg (55.62%), Fiber: 5.31g (21.23%), Copper: 0.33mg (16.64%), Vitamin B1: 0.22mg (14.57%), Calcium: 129.02mg (12.9%), Magnesium: 45.62mg (11.4%), Vitamin B2: 0.18mg (10.83%), Phosphorus: 95.97mg (9.6%), Potassium: 331.02mg (9.46%), Zinc: 1.32mg (8.8%), Vitamin E: 1.31mg (8.74%), Iron: 1.57mg (8.71%), Folate: 34.6µg (8.65%), Vitamin B6: 0.14mg (7.13%), Vitamin B3: 0.85mg (4.26%), Vitamin B5: 0.3mg (2.99%), Selenium: 1.6µg (2.28%)