



The Talk of the Potluck Kale and Apple Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



111 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons apple cider vinegar raw
- 2 apples diced
- 0.3 cup gorgonzola cheese crumbled
- 1 bunch kale chopped
- 0.3 cup olive oil
- 1 teaspoon salt to taste
- 0.3 cup sunflower seeds unsalted toasted

Equipment

bowl

Directions

Massage salt into kale in a large bowl until kale is slightly softened, about 2 minutes. Gently stir apples, olive oil, cranberries, sunflower seeds, and vinegar into kale until salad is evenly mixed. Gently fold Gorgonzola cheese into salad.

Nutrition Facts

PROTEIN 7.58% **FAT 69.75%** **CARBS 22.67%**

Properties

Glycemic Index:15.1, Glycemic Load:1.48, Inflammation Score:-7, Nutrition Score:8.3195651044016%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 3.07mg, Isorhamnetin: 3.07mg, Isorhamnetin: 3.07mg, Isorhamnetin: 3.07mg Kaempferol: 6.14mg, Kaempferol: 6.14mg, Kaempferol: 6.14mg, Kaempferol: 6.14mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 111.23kcal (5.56%), Fat: 9.04g (13.9%), Saturated Fat: 1.68g (10.51%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 4.82g (1.75%), Sugar: 4.04g (4.49%), Cholesterol: 2.83mg (0.94%), Sodium: 283.78mg (12.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Vitamin K: 54.84µg (52.23%), Vitamin A: 1349.33IU (26.99%), Vitamin C: 13.88mg (16.82%), Vitamin E: 2.51mg (16.73%), Manganese: 0.19mg (9.7%), Fiber: 1.79g (7.16%), Calcium: 58.98mg (5.9%), Vitamin B1: 0.09mg (5.87%), Phosphorus: 55.45mg (5.55%), Magnesium: 21.65mg (5.41%), Folate: 20.65µg (5.16%), Vitamin B6: 0.1mg (5.02%), Vitamin B2: 0.08mg (4.99%), Copper: 0.1mg (4.95%), Selenium: 3.03µg (4.33%), Potassium: 124.93mg (3.57%), Vitamin B3: 0.6mg (2.99%), Iron: 0.54mg (2.98%), Zinc: 0.39mg (2.6%), Vitamin B5: 0.15mg (1.5%)