



Tuscan Kale with Lemon, Parmesan & White Anchovies

READY IN



20 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

Ingredients

- ☐ 1 clove garlic peeled chopped
- ☐ 1 juice of lemon juiced
- ☐ 1 bunch tuscan kale
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 slices lemon optional
- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup olive oil plus more for garnish
- ☐ 0.3 cup parmesan cheese finely grated plus more for garnish

- ☐ 0.3 teaspoon pepper flakes optional red to taste (or)
- ☐ 2 slice rustic sandwich bread with crusts

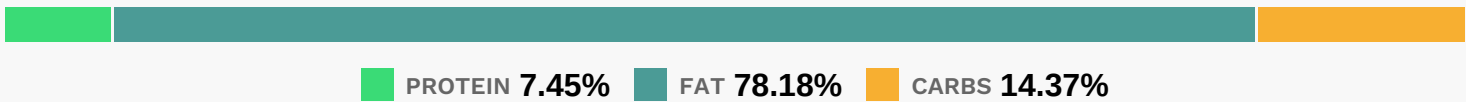
Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife
- ☐ mortar and pestle
- ☐ toaster

Directions

- ☐ Trim bottom 2 inches off kale stems and discard.
- ☐ Remove the center ribs by running a small, sharp knife down either side of the rib of each leaf. Discard the rib and throw the leaf portions into a bowl of cool water and rinse them well. Their nubbly nature leaves all sorts of nooks and crannies for grit or bugs to hide. Dry them well and slice the leaves into very thin ribbons chiffonade style. You should have 4 to 5 cups.
- ☐ Place kale in a large bowl. Toast the bread slices in a toaster until golden. Tear them into small pieces and pulse them in a food processor until mixture forms coarse crumbs in a variety of sizes and shapes. Using a mortar and pestle to pound garlic into a paste.
- ☐ Add ¼ cup cheese, ¼ cup oil, lemon juice, lemon zest, salt, red pepper flakes and pound them together further. Spoon the dressing over kale and toss very well to thoroughly combine, it will be quite thick and will take a lot of tossing to coat leaves.
- ☐ Let slaw sit for at least 5 minutes and up to overnight, then serve topped with bread crumbs, marinated anchovies, additional cheese, a drizzle of oil, and optional lemon slices.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:0.19, Inflammation Score:-9, Nutrition Score:13.71652172765%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg Kaempferol: 15.21mg, Kaempferol: 15.21mg, Kaempferol: 15.21mg, Kaempferol: 15.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg

Nutrients (% of daily need)

Calories: 214.88kcal (10.74%), Fat: 19.17g (29.5%), Saturated Fat: 4.87g (30.46%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 6.06g (2.2%), Sugar: 3.67g (4.08%), Cholesterol: 4.25mg (1.42%), Sodium: 302.38mg (13.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Vitamin K: 135.13µg (128.69%), Vitamin A: 3333.78IU (66.68%), Vitamin C: 35.06mg (42.5%), Calcium: 160.12mg (16.01%), Vitamin E: 2.24mg (14.9%), Manganese: 0.23mg (11.59%), Vitamin B2: 0.15mg (8.61%), Fiber: 1.87g (7.46%), Folate: 28.7µg (7.18%), Phosphorus: 67.41mg (6.74%), Iron: 0.91mg (5.07%), Potassium: 157.1mg (4.49%), Vitamin B3: 0.88mg (4.4%), Magnesium: 16.22mg (4.05%), Vitamin B1: 0.06mg (3.85%), Vitamin B6: 0.07mg (3.55%), Selenium: 1.85µg (2.64%), Zinc: 0.34mg (2.26%), Copper: 0.03mg (1.26%), Vitamin B12: 0.08µg (1.25%)