



## Whole Earth Kale Salad

 **Gluten Free**  **Dairy Free**

READY IN



**95 min.**

SERVINGS



**12**

CALORIES



**219 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups brown rice
- 1 cup carrots shredded
- 16 ounce extra tofu diced firm
- 0.5 cup optional: dill fresh chopped
- 1 cup flat-leaf parsley fresh chopped
- 8 cloves garlic chopped
- 12 servings salt and ground pepper black to taste
- 1 bunch kale chopped

- 0.5 cup juice of lemon
- 2 tablespoons olive oil extra-virgin
- 0.5 large head cabbage red chopped
- 0.3 cup sesame seed
- 0.3 cup mustard stone-ground
- 0.8 cup tamari almonds
- 0.5 cup tamari soy sauce
- 4 cups water

## Equipment

- bowl
- sauce pan
- whisk
- mixing bowl

## Directions

- Bring the brown rice and water to a boil in a saucepan. Reduce the heat to medium-low, place a cover on the saucepan, and simmer until the rice is tender and the liquid has been absorbed, 45 to 50 minutes.
- Spread the rice onto a large platter and chill in refrigerator until cooled completely.
- Gently toss the cooled rice, diced tofu, tamari almonds, sesame seeds, chopped kale, red cabbage, shredded carrot, chopped flat-leaf parsley, and chopped dill together in a large mixing bowl.
- Whisk the lemon juice, tamari soy sauce, olive oil, garlic, and mustard together in a small bowl; season with salt and black pepper.
- Drizzle the dressing over the rice mixture; toss gently to coat evenly.

## Nutrition Facts



PROTEIN 17.1%  FAT 23.4%  CARBS 59.5%

## Properties

Glycemic Index:28.63, Glycemic Load:15.25, Inflammation Score:-9, Nutrition Score:21.582609198178%

## Flavonoids

Cyanidin: 99.14mg, Cyanidin: 99.14mg, Cyanidin: 99.14mg, Cyanidin: 99.14mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

## Nutrients (% of daily need)

Calories: 219.02kcal (10.95%), Fat: 5.88g (9.04%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 33.62g (11.21%), Net Carbohydrates: 30.12g (10.95%), Sugar: 3.5g (3.89%), Cholesterol: 0.06mg (0.02%), Sodium: 1461.04mg (63.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.66g (19.33%), Vitamin K: 103.14µg (98.23%), Manganese: 1.61mg (80.73%), Vitamin A: 2886.94IU (57.74%), Vitamin C: 40.46mg (49.04%), Magnesium: 93.12mg (23.28%), Phosphorus: 204.31mg (20.43%), Vitamin B6: 0.39mg (19.68%), Copper: 0.37mg (18.6%), Vitamin B1: 0.26mg (17.25%), Iron: 3.05mg (16.93%), Vitamin B3: 3mg (15.02%), Fiber: 3.49g (13.98%), Potassium: 427.85mg (12.22%), Calcium: 103.56mg (10.36%), Zinc: 1.49mg (9.91%), Folate: 37.26µg (9.31%), Vitamin B2: 0.13mg (7.52%), Vitamin B5: 0.73mg (7.34%), Selenium: 3.64µg (5.21%), Vitamin E: 0.54mg (3.6%)