



Wilted Kale with Coconut, Ginger, and Lime



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



41 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon canola oil
- ☐ 2 teaspoons ginger minced
- ☐ 1 jalapeno minced seeded
- ☐ 0.1 teaspoon kosher salt
- ☐ 8 cups destemmed lacinato/dinosaur kale stemmed chopped
- ☐ 0.3 cup lite coconut milk light
- ☐ 1 tablespoon lite coconut milk light
- ☐ 2 teaspoons juice of lime

- ☐ 0.5 teaspoon sugar
- ☐ 0.3 cup water

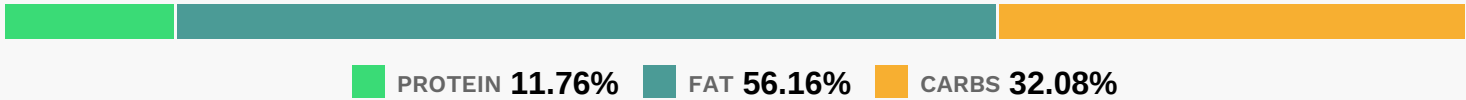
Equipment

- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over medium-low heat.
- ☐ Add 1 tablespoon light coconut milk and canola oil.
- ☐ Add jalapeo and ginger; cook 1 minute.
- ☐ Add kale; cook 2 minutes.
- ☐ Add 1/4 cup light coconut milk, water, and sugar; cover and cook 4 minutes. Stir in 1/4 cup light coconut milk, lime juice, and kosher salt.

Nutrition Facts



Properties

Glycemic Index:37.27, Glycemic Load:0.46, Inflammation Score:-10, Nutrition Score:13.853043348893%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 9.91mg, Isorhamnetin: 9.91mg, Isorhamnetin: 9.91mg, Isorhamnetin: 9.91mg Kaempferol: 19.66mg, Kaempferol: 19.66mg, Kaempferol: 19.66mg, Kaempferol: 19.66mg Quercetin: 9.67mg, Quercetin: 9.67mg, Quercetin: 9.67mg, Quercetin: 9.67mg

Nutrients (% of daily need)

Calories: 41.45kcal (2.07%), Fat: 2.73g (4.2%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 1.66g (0.6%), Sugar: 1.04g (1.15%), Cholesterol: 0mg (0%), Sodium: 109.5mg (4.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.57%), Vitamin K: 165.18µg (157.31%), Vitamin A: 4234.78IU (84.7%), Vitamin C: 44.18mg (53.55%), Manganese: 0.28mg (14.16%), Calcium: 108.1mg (10.81%), Vitamin B2: 0.15mg (8.76%), Fiber: 1.85g (7.4%), Folate: 27.34µg (6.84%), Potassium: 161.94mg (4.63%), Vitamin B6: 0.08mg (3.95%), Vitamin E: 0.59mg (3.9%), Iron: 0.69mg (3.83%), Magnesium: 15.16mg (3.79%), Vitamin B1: 0.05mg (3.32%), Vitamin B3:

0.55mg (2.76%), Phosphorus: 24.7mg (2.47%), Copper: 0.03mg (1.46%), Zinc: 0.18mg (1.17%)