



Winter Kale Salad



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



276 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 small bunch torn into pieces
- ☐ 2 tablespoons balsamic vinegar
- ☐ 4 servings cheese blue crumbled for garnish
- ☐ 1 green onion chopped
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 pears peeled sliced
- ☐ 0.3 cup pecans toasted chopped

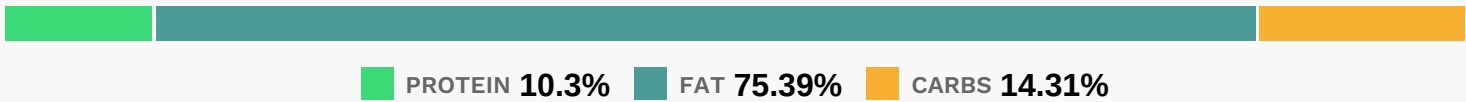
Equipment

☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Toss kale, pecans, green onion, and pear together in a medium bowl.
- ☐ Sprinkle with salt and pepper.
- ☐ Drizzle vinegar then oil over the top. Toss and serve with a sprinkling of cheese.

Nutrition Facts



Properties

Glycemic Index:59.94, Glycemic Load:3.01, Inflammation Score:-3, Nutrition Score:6.9756521349368%

Flavonoids

Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 276.33kcal (13.82%), Fat: 23.7g (36.46%), Saturated Fat: 7.49g (46.84%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 8.04g (2.92%), Sugar: 6.13g (6.82%), Cholesterol: 22.5mg (7.5%), Sodium: 348.48mg (15.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.28g (14.57%), Calcium: 171.78mg (17.18%), Manganese: 0.33mg (16.66%), Vitamin K: 15.6µg (14.86%), Phosphorus: 141.88mg (14.19%), Vitamin E: 1.75mg (11.65%), Fiber: 2.08g (8.34%), Vitamin B2: 0.14mg (8.08%), Zinc: 1.14mg (7.63%), Selenium: 4.65µg (6.65%), Copper: 0.13mg (6.48%), Vitamin B12: 0.37µg (6.1%), Vitamin B5: 0.6mg (5.99%), Vitamin A: 273.95IU (5.48%), Potassium: 173.36mg (4.95%), Magnesium: 19.45mg (4.86%), Folate: 17.35µg (4.34%), Vitamin B6: 0.08mg (3.9%), Vitamin B1: 0.06mg (3.81%),

Vitamin C: 2.55mg (3.09%), Iron: 0.5mg (2.79%), Vitamin B3: 0.48mg (2.41%)