



## Zesty Kale

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



2

CALORIES



34 kcal

SIDE DISH

### Ingredients

- 1.5 teaspoons garlic minced
- 4 leaves kale
- 4 teaspoons soya sauce reduced-sodium
- 1 teaspoon sesame oil toasted

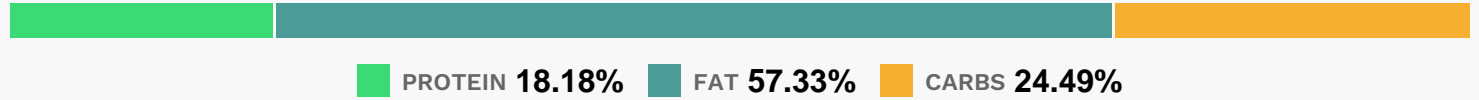
### Equipment

- bowl
- whisk

## Directions

- Whisk soy sauce, sesame oil, and garlic together in a bowl.
- Place kale leaves in a bowl; drizzle soy sauce dressing over kale. Toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:0.23, Inflammation Score:-10, Nutrition Score:9.1526087911233%

## Flavonoids

Isorhamnetin: 5.19mg, Isorhamnetin: 5.19mg, Isorhamnetin: 5.19mg, Isorhamnetin: 5.19mg Kaempferol: 10.3mg, Kaempferol: 10.3mg, Kaempferol: 10.3mg, Kaempferol: 10.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

## Nutrients (% of daily need)

Calories: 34.43kcal (1.72%), Fat: 2.37g (3.64%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 1.26g (0.46%), Sugar: 0.25g (0.28%), Cholesterol: 0mg (0%), Sodium: 372.04mg (16.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Vitamin K: 86.11µg (82.01%), Vitamin A: 2198IU (43.96%), Vitamin C: 21.25mg (25.76%), Manganese: 0.22mg (11.25%), Calcium: 62.95mg (6.3%), Vitamin B2: 0.1mg (6.05%), Folate: 18.11µg (4.53%), Fiber: 1.02g (4.08%), Vitamin B6: 0.08mg (3.81%), Magnesium: 14.72mg (3.68%), Potassium: 120.78mg (3.45%), Phosphorus: 32.14mg (3.21%), Iron: 0.53mg (2.92%), Vitamin B1: 0.03mg (2.22%), Vitamin B3: 0.39mg (1.95%), Vitamin E: 0.22mg (1.44%), Zinc: 0.19mg (1.27%), Copper: 0.02mg (1.16%)