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Boiled Kale ♦♦

Boiled kale is a simple and nutritious dish that can be enjoyed as a side or incorporated into various recipes. Kale is a leafy green vegetable that is packed with vitamins, minerals, and antioxidants. It has a slightly bitter taste and a hearty texture, making it a popular choice for healthy meals. Boiling kale helps to soften the leaves and reduce some of the bitterness, resulting in a tender and flavorful dish. This recipe is suitable for all diets and can be customized with additional seasonings and ingredients.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

400 g	kale
4 c	water
1 tsp	salt

Directions

Step 1

Preparation

Wash the kale leaves thoroughly under running water to remove any dirt or debris.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Remove the tough stems from the kale leaves and discard them. Tear or chop the leaves into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Boiling

Fill a large pot with water and bring it to a boil. Add salt to the boiling water.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Boiling

Add the kale leaves to the boiling water and cook for 5-7 minutes, or until they are tender and bright green.

Prep Time: 0 mins

Cook Time: 7 mins

Step 5

Draining

Once the kale is cooked, drain it in a colander and rinse it with cold water to stop the cooking process.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the boiled kale as a side dish or use it in your favorite recipes.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 49 kcal

Fat: 1 g

Protein: 4 g

Carbohydrates: 9 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	9 g	16.36%	18%
Fibers	3 g	7.89%	12%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	308 iu	34.22%	44%
Vitamin C	134 mg	148.89%	178.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	392 mg	17.04%	17.04%
Calcium	15 mg	1.5%	1.5%
Iron	9 mg	112.5%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	491 mg	14.44%	18.88%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

American

Course

Salads

Cultural

Chinese New Year

Cost

\$40 to \$50

Demographics

Teen Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet

Paleo Diet

Vegetarian Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Engine 2 Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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