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Garlic Kale ♦♦

Garlic kale is a delicious and healthy dish that can be enjoyed as a side or main course. It is made with fresh kale leaves sautéed in garlic and olive oil, resulting in a flavorful and nutritious dish. This recipe is perfect for those who want to incorporate more greens into their diet.

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 cloves	garlic
2 tbsp	olive oil
1 teaspoon	salt

1 black pepper
teaspoon

Directions

Step 1

Preparation

Wash the kale leaves thoroughly and remove the stems.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Chop the garlic cloves into small pieces.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Stove

Heat olive oil in a pan over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Sautéing

Add the chopped garlic to the pan and sauté for 1 minute.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Sautéing

Add the kale leaves to the pan and cook for 5-7 minutes, or until wilted.

Prep Time: 0 mins

Cook Time: 7 mins

Step 6

Season with salt and black pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 3 g

Protein: 3 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	3 g	7.89%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	206 iu	22.89%	29.43%
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	300 mg	13.04%	13.04%
Calcium	9 mg	0.9%	0.9%
Iron	6 mg	75%	33.33%
Potassium	299 mg	8.79%	11.5%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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