

Spicy Sautéed Kale

Prep Time 0 mins
 Total Time 0 mins
 Meal Type Side
 Contributed By



Source Living Plate

Servings 4



Ingredients

lb,c g,ml

- 2 Tbs olive oil, *shredded*
- 8 cups kale, *shredded*
- 3/4 tsp crushed red pepper
- 1/2 tsp granulated garlic
- salt, *to taste*
- pepper, *to taste*

Directions

Prep

1. Remove spines from kale, shred, and wash.

Make

1. Warm olive oil in sauté pan. Add kale.
2. Sauté kale until it turns bright green then add crushed red pepper and garlic.
3. Salt and pepper to taste.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	77	Total Fat 7.4g	11%	Total Carbohydrates 2g	0%
		Saturated Fat 1.0g	5%	Dietary Fiber 2g	7%
		Trans Fat 0.0g		Total Sugars 0g	
		Cholesterol 0mg	0%	Protein 1g	
		Sodium 23mg	0%		
Vitamin D 0mcg 0% · Calcium 108mg 10% · Iron 1mg 4% · Potassium 158mg 3%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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