

# Capital K for Kale

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Vitamin K is good for blood clotting, bone health, and heart health.

## Nutrients in Kale 1.00 cup cooked (130.00 grams)

Nutrient	%Daily Value
vitamin K	1327.6%
vitamin A	354.1%
vitamin C	88.8%
manganese	27%
fiber	10.4%
copper	10%
tryptophan	9.3%
calcium	9.3%
vitamin B6	9%
potassium	8.4%
iron	6.5%
magnesium	5.8%
vitamin E	5.5%
omega-3 fats	5.4%
vitamin B2	5.2%
protein	4.9%
vitamin B1	4.6%
folate	4.2%
phosphorus	3.6%
vitamin B3	3.2%
Calories (36)	2%

### Kale

- Descendent of wild cabbage, thought to have originated in Asia
- Belongs to the brassica family
- Biennial vegetable
- Planted in March or May
- Can be eaten cooked or raw. Boiling releases some oxalates.

### Massaged Kale Salad

Serves 4

1 large bunch curly kale, de-stemmed and torn or chopped into pieces  
1/4 teaspoon fine sea salt  
1 tablespoon fresh lemon juice  
1 tablespoon olive oil  
Any desired toppings

Add the kale to a medium mixing bowl along with the salt and lemon juice. "Massage" kale for five minutes, or until leaves are sweet and tender. Add the olive oil and give one more quick "massage."



#### References

1. Pictures of Starbor Red Kale. Strangers Hill Organics. Taken by Crystal Olry. June 6, 2013
2. Nutrient Data. Worlds Healthiest Foods. Taken from: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=38>; June 7, 2013
3. Massaged Kale Salad. <http://tastykitchen.com/blog/2013/02/massaged-kale-salad/>. Accessed June 7<sup>th</sup>, 2013.