

Sauteéd Kale

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-sauteed-kale-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 onion medium, chopped
- 1 bunch kale trimmed and chopped into 1-inch strips
- 1/4 teaspoon sea salt celtic

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 14 grams
3. Fat: 8 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 200 milligrams
8. Sugar: 1 grams

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