

Panfried Kale

Yield: 4 min
Total Time: 7 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-fried-pork-dumpling-recipe>

Ingredients:

- 1 whole kale Large Bunch Of, Or 2 Regular Bunches
- 2 tablespoons olive oil
- 5 cloves garlic Finely Minced
- salt
- pepper
- 1/2 lemon Optional

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 4 grams
3. Fat: 7 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 200 milligrams

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