AMERICAN · SIDE · SAUCE

Fermented Kale or Swiss Chard

45 min · plus 14–21 days fermenting · Makes 10 × ¼ cup (40 g) · 21 kcal a portion

Video 21:29 · Clean Food Living

Vegan · Gluten-free ingredients · Nut-free

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A tangy fermented 'green kraut' with no vinegar or sugar: about 20 kcal a quarter-cup, with some fibre and nearly half a day's vitamin K from the kale. It is salted, at about 340 mg sodium a serve.

Diet notes: Low carb (2.5 g net carbs) but not keto: 15% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 7 · MAKES 10 × ¼ CUP (40 G)

- [ ] **Kale**: 8 cups thinly sliced kale or Swiss chard leaves, stems removed, loosely packed (about 5 oz)
- [ ] 1 cup chopped **cabbage**, plus 1–2 outer leaves to cover
- [ ] ½ cup chopped **carrot**
- [ ] ½ large **onion**, sliced
- [ ] 2–3 cloves **garlic**, sliced
- [ ] 2 tbsp **caraway**, fennel or dill seed, freshly ground
- [ ] 1 tbsp **salt** (about ½ oz) in 1½ cups water, for the brine (the vegetables take up about 8.5 g)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Use freshly picked kale or Swiss chard (her store-bought kale batches failed). Rinse lightly only where there's dirt or bugs. Cut out the stems, stack and roll the leaves, slice thinly, then cross-slice. You need 7–8 loosely packed cups. 5:41
2. Put the greens in a large bowl with ½ large onion and 2–3 garlic cloves, sliced, 1 cup chopped cabbage (keep 1–2 whole outer leaves aside) and ½ cup chopped carrot. Add 2 tbsp caraway, fennel or dill seed, freshly ground. 7:06
3. Stir 1 tbsp salt (one without anti-caking agents) into 1½ cups water, pour it over the vegetables and toss well. Leave 15–20 minutes, until the greens soften and the brine turns dark green. 8:29
4. Pack into a clean quart jar a couple of handfuls at a time, pressing down hard and adding brine as you go; leave about 3 inches of headspace. Cover with torn cabbage leaf and a glass weight so everything is under the brine. 9:11
5. Set a lid on loosely, stand the jar on a plate and leave at 70–80°F, out of direct sun, for 14–21 days. Cloudy brine and bubbles in the first 1–3 days are normal; spoon off anything that floats up. 11:10
6. With a pH meter it must read below 4.5 by day 5; if not, or if it smells foul or musty, throw it out. Taste from day 14; then lift out the weight, wipe off any harmless kahm yeast, close tightly and refrigerate (keeps 6+ months). 12:48

> **Tip** Makes 1 quart jar, about 10 quarter-cup serves (our estimate). Use garden-fresh greens: her store-bought kale batches failed. Short on greens? Add more cabbage, onion or carrot. Pick one seed: caraway, fennel or dill.

The method is a summary in our words — the video shows every step.

One portion, ¼ cup (40 g), gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
21 kcal	**1.1 g**	**4.1 g**	**1.5 g**	**0.3 g**	**340 mg**
90 kJ	2% of a day	2.5 g net · 1.3 g sugars	6% of a day	0 g saturated	15% of a day
		1% of a day		0% of a day	

Energy from net carbs 58% · protein 26% · fat 16%

High in (20%+ of a day) Vitamin K 48% · Vitamin C 22%

Recipe and video: Clean Food Living (@CleanFoodLiving) on YouTube — youtube.com/watch?v=nEblXoCYGFA, published 12 August 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/fermented-kale-or-swiss-chard