



Farofa e Couve com Toicinho



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



316 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound bacon chopped
- ☐ 0.1 lb butter
- ☐ 1.3 pound collards
- ☐ 2 cups manioc flour
- ☐ 2 onions finely chopped (1 lb. total)
- ☐ 0.3 cup pimiento-stuffed olives green sliced

Equipment

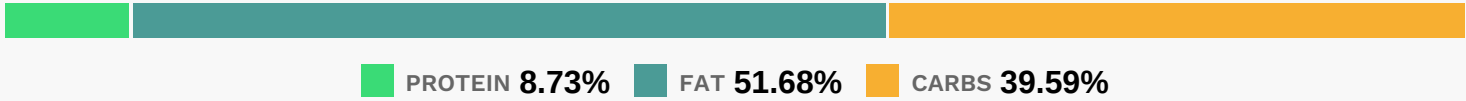
- ☐ bowl

☐ frying pan

Directions

- ☐ Rinse and drain collards. Trim and discard tough stems. Stack collard leaves and slice thinly crosswise.
- ☐ In a 10- to 12-inch nonstick frying pan over high heat, stir bacon and onion until bacon is crisp and onion is lightly browned, about 15 minutes.
- ☐ Pour half the mixture (with drippings) into a bowl.
- ☐ Add manioc and butter to pan. Stir often until manioc is golden and crisp (bite to test), 4 to 6 minutes.
- ☐ Pour into a bowl at once.
- ☐ Serve hot, warm, or at room temperature, topped with olives.
- ☐ Return remaining bacon-onion mixture to pan. Stir in about half the collards until wilted, 1 to 2 minutes.
- ☐ Add remaining collards and stir until all are wilted, 1 to 2 minutes more.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.57, Inflammation Score:-10, Nutrition Score:17.801739049994%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 6.37mg, Kaempferol: 6.37mg, Kaempferol: 6.37mg, Kaempferol: 6.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg

Nutrients (% of daily need)

Calories: 316.01kcal (15.8%), Fat: 18.37g (28.26%), Saturated Fat: 5.12g (31.99%), Carbohydrates: 31.65g (10.55%), Net Carbohydrates: 27.56g (10.02%), Sugar: 2.57g (2.86%), Cholesterol: 18.71mg (6.24%), Sodium: 356.91mg (15.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.96%), Vitamin K: 309.91µg (295.15%), Vitamin A: 3843.82IU (76.88%), Vitamin C: 28.57mg (34.63%), Manganese: 0.5mg (25.25%), Folate: 96.89µg (24.22%), Calcium: 222.22mg (22.22%), Fiber: 4.09g (16.35%), Vitamin E: 2.16mg (14.42%), Iron: 2.18mg (12.14%),

Vitamin B6: 0.23mg (11.39%), Phosphorus: 98.37mg (9.84%), Selenium: 6.81µg (9.73%), Vitamin B1: 0.13mg (8.74%),
Vitamin B3: 1.71mg (8.56%), Potassium: 258.58mg (7.39%), Vitamin B2: 0.13mg (7.38%), Magnesium: 26.12mg
(6.53%), Vitamin B5: 0.39mg (3.88%), Zinc: 0.53mg (3.55%), Copper: 0.06mg (3.1%), Vitamin B12: 0.15µg (2.48%)