



## Nutty American Stir Fry

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup almonds
- 5 cups collard greens chopped
- 0.3 teaspoon ginger fresh chopped
- 0.1 teaspoon garlic minced
- 1 teaspoon juice of lemon or as needed
- 1 pinch pepper flakes red to taste
- 1 tablespoon sesame oil
- 1 teaspoon soya sauce

- 2 cups water
- 1 cup rice white

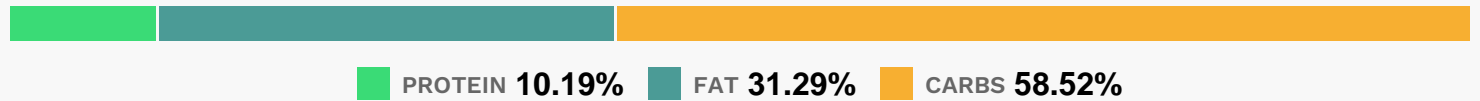
## Equipment

- frying pan
- sauce pan

## Directions

- Bring water and rice to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.
- Heat sesame oil in a large skillet over medium heat; cook and stir collard greens, garlic, and red pepper flakes in the hot oil until collard greens are wilted and tender, about 10 minutes.
- Mix almonds, lemon juice, soy sauce, and ginger into collard green mixture; simmer until liquid evaporates, about 5 minutes.
- Serve with rice on the side.

## Nutrition Facts



## Properties

Glycemic Index:65.59, Glycemic Load:44.77, Inflammation Score:-10, Nutrition Score:30.753478423409%

## Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 7.96mg, Kaempferol: 7.96mg, Kaempferol: 7.96mg, Kaempferol: 7.96mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

## Nutrients (% of daily need)

Calories: 569.27kcal (28.46%), Fat: 20.07g (30.88%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 84.45g (28.15%), Net Carbohydrates: 76.61g (27.86%), Sugar: 1.69g (1.87%), Cholesterol: 0mg (0%), Sodium: 200.48mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.71g (29.43%), Vitamin K: 394.4µg (375.62%), Manganese: 2.16mg (108.15%), Vitamin A: 4532.33IU (90.65%), Vitamin E: 8.36mg (55.72%), Vitamin C: 32.81mg (39.77%), Folate: 135.07µg (33.77%), Fiber: 7.84g (31.36%), Calcium: 307.2mg (30.72%), Magnesium: 115.72mg (28.93%), Copper: 0.53mg (26.72%), Vitamin B2: 0.44mg (25.87%), Phosphorus: 248.14mg (24.81%), Selenium: 16.18µg (23.11%), Vitamin B6: 0.34mg (17.19%), Vitamin B3: 3.14mg (15.7%), Potassium: 484.47mg (13.84%), Zinc: 1.98mg (13.23%), Vitamin B5: 1.31mg (13.07%), Iron: 2.13mg (11.86%), Vitamin B1: 0.17mg (11.01%)