



HEALTH SCORE

74%

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 pinch pepper flakes red to taste
- ☐ 1 tablespoon sesame oil
- ☐ 1 teaspoon soya sauce
- ☐ 2 cups water

☐ 1 cup rice white

Equipment

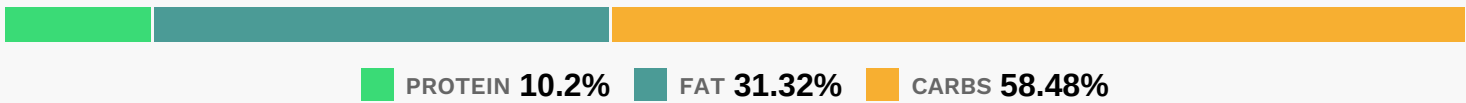
☐ frying pan

☐ 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:30.678260803223%

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: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 568.72kcal (28.44%), Fat: 20.07g (30.87%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 84.28g (28.09%), Net Carbohydrates: 76.45g (27.8%), Sugar: 1.62g (1.8%), Cholesterol: 0mg (0%), Sodium: 200.46mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.7g (29.41%), Vitamin K: 394.4µg (375.62%),

Manganese: 2.16mg (108.14%), Vitamin A: 4532.18IU (90.64%), Vitamin E: 8.35mg (55.7%), Vitamin C: 31.84mg (38.6%), Folate: 134.57µg (33.64%), Fiber: 7.83g (31.33%), Calcium: 307.05mg (30.71%), Magnesium: 115.57mg (28.89%), Copper: 0.53mg (26.7%), Vitamin B2: 0.44mg (25.84%), Phosphorus: 247.94mg (24.79%), Selenium: 16.18µg (23.11%), Vitamin B6: 0.34mg (17.13%), Vitamin B3: 3.14mg (15.69%), Potassium: 481.9mg (13.77%), Zinc: 1.98mg (13.22%), Vitamin B5: 1.3mg (13.03%), Iron: 2.13mg (11.84%), Vitamin B1: 0.16mg (10.97%)