



Parve Cholent



Vegetarian



Gluten Free



Dairy Free

READY IN



1185 min.

SERVINGS



12

CALORIES



255 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 beets peeled quartered
- ☐ 2 cups brown rice
- ☐ 6 eggs in their shells
- ☐ 2 tablespoons garlic powder
- ☐ 0.3 cup olive oil
- ☐ 1 onion chopped
- ☐ 4 potatoes cubed peeled
- ☐ 12 servings salt and pepper to taste

- ☐ 2 tablespoons lawry's seasoned salt
- ☐ 12 servings water to cover

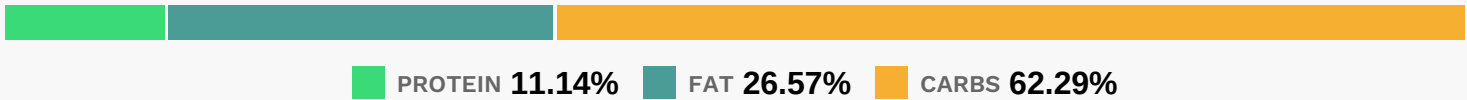
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat 2 tablespoons of olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low, and continue cooking and stirring until the onion is very tender and dark brown, 15 to 20 minutes more.
- ☐ Layer half the potatoes on the bottom of a slow cooker.
- ☐ Add the cooked onions and rice; top with the remaining potatoes and beets.
- ☐ Nestle the eggs into the mixture: they should be almost completely submerged when you add the water.
- ☐ Mix the garlic powder and seasoned salt into 1 cup of water.
- ☐ Pour over the cholent. Season with salt and pepper.
- ☐ Drizzle with 1/4 cup of olive oil.
- ☐ Add water to cover. Too much water will make your cholent mushy; not enough may cause it to burn.
- ☐ Cover with the lid and set your slow cooker on low; cook overnight.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:23.44, Inflammation Score:-4, Nutrition Score:12.717391190322%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 254.5kcal (12.73%), Fat: 7.55g (11.61%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 39.81g (13.27%), Net Carbohydrates: 36.52g (13.28%), Sugar: 1.98g (2.2%), Cholesterol: 81.84mg (27.28%), Sodium: 1417.04mg (61.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.25%), Manganese: 1.37mg (68.67%), Vitamin B6: 0.45mg (22.51%), Vitamin C: 15.35mg (18.61%), Phosphorus: 181.27mg (18.13%), Magnesium: 71.74mg (17.94%), Vitamin B1: 0.21mg (14.04%), Potassium: 488.17mg (13.95%), Fiber: 3.3g (13.19%), Copper: 0.24mg (12%), Folate: 45.3µg (11.32%), Vitamin B3: 2.2mg (10.98%), Vitamin B5: 1.06mg (10.63%), Selenium: 7.43µg (10.62%), Iron: 1.75mg (9.72%), Vitamin B2: 0.15mg (8.63%), Zinc: 1.26mg (8.4%), Vitamin E: 0.9mg (6.02%), Calcium: 44.62mg (4.46%), Vitamin K: 4.19µg (3.99%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%), Vitamin A: 124.91IU (2.5%)