

## Vary Aminanana (Collard Greens and Rice)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



260 min.

SERVINGS



24

CALORIES



171 kcal

SIDE DISH

### Ingredients

- 5 cups brown rice
- 2 bunches collard greens
- 1 tablespoon ginger root fresh chopped
- 3 tablespoons olive oil extra-virgin
- 2 onions chopped
- 1.5 teaspoons salt
- 24 servings salt and pepper black freshly ground to taste
- 3 tomatoes chopped

12 cups water

## Equipment

frying pan

slow cooker

## Directions

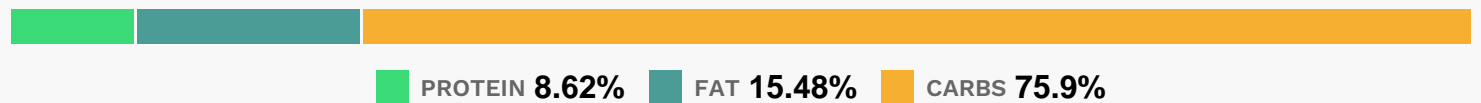
Heat olive oil in a large skillet.

Saute tomatoes, onions, and ginger in the hot oil until the tomatoes are just beginning to soften, 2 to 3 minutes. Stir collard green pieces into the tomato mixture; cook until the greens begin to soften, about 1 minute more.

Transfer tomato mixture to a slow cooker; add water, rice, and salt.

Cook on Medium until the water is completely absorbed, about 4 hours. Season with salt and freshly ground black pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:7.11, Glycemic Load:17.29, Inflammation Score:-7, Nutrition Score:13.115651996239%

## Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

## Nutrients (% of daily need)

Calories: 170.75kcal (8.54%), Fat: 2.95g (4.54%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 32.58g (10.86%), Net Carbohydrates: 30.23g (10.99%), Sugar: 0.87g (0.97%), Cholesterol: 0mg (0%), Sodium: 156.76mg (6.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Manganese: 1.63mg (81.45%), Vitamin K: 71.66µg (68.25%), Vitamin A: 923.48IU (18.47%), Magnesium: 64.97mg (16.24%), Vitamin B6: 0.25mg (12.58%), Vitamin B1: 0.18mg (12.14%), Phosphorus: 115.06mg (11.51%), Vitamin C: 8.39mg (10.17%), Vitamin B3: 1.93mg (9.64%), Fiber: 2.35g (9.4%), Folate: 32.44µg (8.11%), Copper: 0.15mg (7.53%), Vitamin B5: 0.66mg (6.6%), Zinc: 0.89mg (5.93%),

Calcium: 57.59mg (5.76%), Potassium: 192.22mg (5.49%), Iron: 0.87mg (4.83%), Vitamin E: 0.7mg (4.64%), Vitamin B2: 0.04mg (2.55%)