



Kale Royal

8 servings. Ready in 45 min.

Ingredients

Kale, organic, fresh, 3 cups finely chopped, 24 oz
Royal Blend Texmati White, Brown, Wild & Red Rice Blend, 1 1/2 cups dry, 3 cups prepared, 12 oz
Water, pure, 3 cups, 24 oz
Butter, organic, salted or (ghee), 3 tablespoons, 3 oz
Coarse kosher salt, 2 medium pinches, 0.2 oz
Extra Virgin Olive Oil, 2-3 tablespoons, 2 oz
Garlic, fresh, organic, 3 small cloves, smashed & minced, 1 oz
Onion, yellow, fresh, organic, 1/2 cup diced, 4 oz
Jalapeno Pepper, fresh, 1/2 half of pepper diced, 1 oz
Turmeric, ground, small pinch, 0.1 oz
Oregano, dried, organic, 1 big pinch, 0.1 oz
Black Pepper, 2 - 3 shakes, 0.1 oz
Coarse Pink Himalayan Salt, non-gmo, 1 big pinch, 0.1 oz
Tamari Sauce, organic, 4 - 6 shakes, 2 oz
Grape Tomatoes, red, raw, organic, 8 ounces, 8 oz
Beef Broth, organic, ready to serve, 1/4 cup, 2 oz
Lemon, fresh, organic, 1 wedge, 1 oz

Instructions/Preparation

Rinse off the Kale, tomatoes, (and other veggies, except the onion), and soak in cold water that has been treated with GSE. Use large pot to cook the rice, add the water, rice, butter, and kosher salt. Bring to a boil, then reduce heat to simmer, and cover with tight fitting lid for 20 minutes. Use a large skillet to saute the veggies (the rice will be added to this skillet later so pick a big one). Put olive oil in skillet, then add the onions and garlic and saute on med low until onions start to change color but not clear yet, then add the jalapeno, kale, turmeric, oregano, black pepper, pink Himalayan salt, and tamari sauce. Saute until the kale has softened up. When rice is done, remove from burner, fluff with fork, and recover allowing plenty of steam to escape. When the Kale is softened gradually add the rice to the skillet while sauteing and mixing the ingredients together. Now add the tomatoes whole, and slightly mix them in. Add the beef broth, reduce heat a little and cover with tight fitting lid for about 10 minutes, stirring occasionally. Serve with lemon wedge on side.

Extra comments/notes

Growler starver, main dish, side dish, biogenic amine tamer (BigA's)

Original source

Renee' Calder, CNT, MNT; Therapeutic Nutrition llc; thefoodalternative.com 06/2018

Food	Ene rgy/ srv	Ener gy/r ec	Prot ein/ srv	Prot ein/ rec	F at /s rv	Fa t/r ec	Car bs/ srv	Car bs/r ec
Kale, organic, fresh, 3 cups finely chopped, 24 oz	41.2 kcal	329.3 kcal	3.6 g	28.8 g	0.8 g	6.2 g	7.4 g	58.8 g
Royal Blend Texmati White, Brown, Wild & Red Rice Blend, 1 1/2 cups dry, 3 cups prepared, 12 oz	158.7 kcal	1269.9 kcal	3.4 g	27.2 g	0.6 g	4.5 g	34.1 g	272.4 g
Water, pure, 3 cups, 24 oz	0 kcal	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g
Butter, organic, salted or (ghee), 3 tablespoons, 3 oz	94.5 kcal	756 kcal	0 g	0 g	10.5 g	84 g	0 g	0 g
Coarse kosher salt, 2 medium pinches, 0.2 oz	0 kcal	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g
Extra Virgin Olive Oil, 2-3 tablespoons, 2 oz	62.1 kcal	496.5 kcal	0 g	0 g	7 g	56.2 g	0 g	0 g
Garlic, fresh, organic, 3 small cloves, smashed & minced, 1 oz	5.2 kcal	41.7 kcal	0.2 g	1.8 g	0 g	0.1 g	1.2 g	9.3 g
Onion, yellow, fresh, organic, 1/2 cup diced, 4 oz	5.6 kcal	44.6 kcal	0.2 g	1.2 g	0 g	0.1 g	1.3 g	10.4 g
Jalapeno Pepper, fresh, 1/2 half of pepper diced, 1 oz	1 kcal	8.1 kcal	0 g	0.3 g	0 g	0.1 g	0.2 g	1.8 g
Turmeric, ground, small pinch, 0.1 oz	0.8 kcal	6.2 kcal	0 g	0.2 g	0 g	0.1 g	0.2 g	1.3 g
Oregano, dried, organic, 1 big pinch, 0.1 oz	1 kcal	8 kcal	0 g	0.3 g	0 g	0.1 g	0.3 g	2.1 g
Black Pepper, 2 - 3 shakes, 0.1 oz	0.7 kcal	5.8 kcal	0 g	0.2 g	0 g	0.1 g	0.2 g	1.5 g
Coarse Pink Himalayan Salt, non-gmo, 1 big pinch, 0.1 oz	0 kcal	0 kcal	0 g	0 g	0 g	0 g	0 g	0 g
Tamari Sauce, organic, 4 - 6 shakes, 2 oz	4.2 kcal	33.6 kcal	0.7 g	5.9 g	0 g	0.1 g	0.4 g	3.1 g
Grape Tomatoes, red, raw, organic, 8 ounces, 8 oz	5.1 kcal	40.4 kcal	0.3 g	2 g	0.1 g	0.4 g	1.1 g	8.7 g
Beef Broth, organic, ready to serve, 1/4 cup, 2 oz	0.4 kcal	3.4 kcal	0.1 g	0.6 g	0 g	0 g	0 g	0.1 g
Lemon, fresh, organic, 1 wedge, 1 oz	1 kcal	8.1 kcal	0 g	0.3 g	0 g	0.1 g	0.3 g	2.6 g

Food	Ene rgy/ srv	Ener gy/r ec	Prot ein/ srv	Prot ein/ rec	F at /s rv	Fa t/r ec	Car bs/ srv	Car bs/r ec
TOTAL	381 .4 kcal	305 1.5 kcal	8.6 g	68.8 g	1 9 g	15 2. 2 g	46. 5 g	372 .1 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

Micronutrients Analysis

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Starch	n/a	n/a	n/a	n/a
Sucrose	0.1 g	n/a	n/a	n/a
Glucose (dextrose)	0.7 g	n/a	n/a	n/a
Fructose	0.7 g	n/a	n/a	n/a
Lactose	n/a	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	213.3 g	n/a	n/a	n/a
Sugars, total	3.7 g	n/a	n/a	n/a
Galactose	n/a	n/a	n/a	n/a
Fiber, total dietary	5.3 g	n/a	n/a	n/a
Calcium, Ca	149 mg	1200 mg	2000 mg	12
Iron, Fe	1.9 mg	8 mg	45 mg	24
Magnesium, Mg	50.5 mg	320 mg	*350 mg	16
Phosphorus, P	106.4 mg	700 mg	4000 mg	15
Potassium, K	556.8 mg	4700 mg	n/a	12
Sodium, Na	793 mg	1300 mg	2300 mg	61
Zinc, Zn	0.7 mg	8 mg	40 mg	8
Copper, Cu	1.3 mg	900 mg	10000 mg	n/a
Fluoride, F	7 µg	3 µg	10 µg	234
Manganese, Mn	0.8 mg	1.8 mg	11 mg	45
Selenium, Se	1.5 µg	55 µg	400 µg	3
Vitamin A, IU	9092.5 IU	n/a	n/a	n/a
Retinol	n/a	n/a	n/a	n/a
Vitamin A, RAE	434.1 µg	700 µg	3000 µg	62
Carotene, beta	5129.5 µg	n/a	n/a	n/a
Carotene, alpha	76.2 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	2.7 mg	15 mg	1000 mg	18
Vitamin D	n/a	n/a	n/a	n/a
Vitamin D2 (ergocalciferol)	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	n/a	n/a	n/a	n/a
Vitamin D (D2 + D3)	n/a	15	100	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Lycopene	721.7 µg	n/a	n/a	n/a
Lutein + zeaxanthin	6961.1 µg	n/a	n/a	n/a
Tocopherol, beta	n/a	n/a	n/a	n/a
Tocopherol, gamma	0.2 mg	n/a	n/a	n/a
Tocopherol, delta	n/a	n/a	n/a	n/a
Vitamin C, total ascorbic acid	112.8 mg	75 mg	2000 mg	150
Thiamin	0.1 mg	1.1 mg	n/a	11
Riboflavin	0.1 mg	1.1 mg	n/a	13
Niacin	1.4 mg	14 mg	35 mg	10
Pantothenic acid	0.2 mg	5 mg	n/a	4
Vitamin B6	0.4 mg	1.5 mg	100 mg	23
Folate, total	129.1 µg	400 µg	1000 µg	32
Vitamin B12	n/a	2.4	n/a	n/a
Choline, total	7.8 mg	425 mg	3.5 mg	2
Vitamin K (phylloquinone)	602.1 µg	90 µg	n/a	669
Folic acid	n/a	n/a	n/a	n/a
Folate, food	129.1 µg	n/a	n/a	n/a
Folate, DFE	129.1 µg	n/a	n/a	n/a
Tryptophan	n/a	n/a	n/a	n/a
Threonine	n/a	n/a	n/a	n/a
Isoleucine	0.1 g	n/a	n/a	n/a
Leucine	0.1 g	n/a	n/a	n/a
Lysine	0.1 g	n/a	n/a	n/a
Methionine	n/a	n/a	n/a	n/a
Cystine	n/a	n/a	n/a	n/a
Phenylalanine	0.1 g	n/a	n/a	n/a
Tyrosine	n/a	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	31.5 mg	n/a	n/a	n/a
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	7.4 g	n/a	n/a	n/a
Phytosterols	20.6 mg	n/a	n/a	n/a

Micronutrient	Amount per day in plan	Dietary Reference Intake	Tolerable Upper Level	DRI %
Fatty acids, total monounsaturated	5.2 g	n/a	n/a	n/a
Fatty acids, total polyunsaturated	1.5 g	n/a	n/a	n/a

* The tolerable upper level for Magnesium represents intake from a pharmacologic agent only and does not include intake from food and water.

Rows in **yellow** indicate micronutrients where the DRI % is below **50%**. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.

For information about references used on this table, please check

<https://docs.nutriadmin.com/reference-for-nutritional-information-and-formulas-in-nutriadmin>