



5:2 Diet - One Pot Southern-Style Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 250 g rice cold rinsed
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 celery stick chopped
- ☐ 1 courgette chopped
- ☐ 2 garlic cloves roughly chopped
- ☐ 1.5 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 6 servings grinding of salt and pepper good

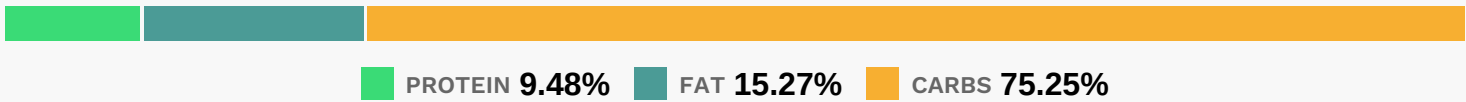
- ☐ 1 teaspoon thyme leaves dried smoked hot
- ☐ 2 tablespoons tomato purée
- ☐ 800 g tomatoes chopped canned
- ☐ 450 ml vegetable stock
- ☐ 1 bell pepper red yellow chopped

Equipment

Directions

- ☐ Heat the oil in a large, heavy-based casserole over a medium heat.
- ☐ Add the onion, garlic, celery and red and yellow peppers and cook for 4–5 minutes, stirring frequently, then add the courgette and cook for a further 3–4 minutes.
- ☐ Add the herbs, spices and rice and stir-fry for 1 minute, coating the rice well in the other ingredients. Stir in the tomato purée, chopped tomatoes and vegetable stock and season with salt and pepper.
- ☐ Bring to the boil and cover with a tight fitting lid, then reduce the heat and leave to simmer gently for 15–18 minutes until the rice is cooked and the mixture thickened.

Nutrition Facts



Properties

Glycemic Index:54.53, Glycemic Load:24.06, Inflammation Score:-8, Nutrition Score:15.243913194408%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 252.54kcal (12.63%), Fat: 4.42g (6.8%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 49.01g (16.34%), Net Carbohydrates: 44.59g (16.21%), Sugar: 9.31g (10.34%), Cholesterol: 0mg (0%), Sodium: 676.54mg (29.41%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.35%), Vitamin C: 45.89mg (55.62%), Manganese: 0.84mg (41.83%), Vitamin A: 1395.84IU (27.92%), Vitamin B6: 0.43mg (21.61%), Copper: 0.39mg (19.26%), Vitamin E: 2.83mg (18.85%), Potassium: 632.65mg (18.08%), Fiber: 4.42g (17.7%), Iron: 2.53mg (14.05%), Vitamin B3: 2.79mg (13.97%), Magnesium: 49.58mg (12.39%), Phosphorus: 118.83mg (11.88%), Vitamin K: 12.46µg (11.87%), Vitamin B1: 0.17mg (11.21%), Selenium: 7.49µg (10.7%), Folate: 42.31µg (10.58%), Vitamin B5: 0.98mg (9.85%), Vitamin B2: 0.15mg (9.04%), Calcium: 72.03mg (7.2%), Zinc: 1.05mg (7%)