



Aarsi's Ultimate Pea Pulao

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



55 min.

SERVINGS



2

CALORIES



410 kcal

SIDE DISH

ANTIPASTI

STARTER

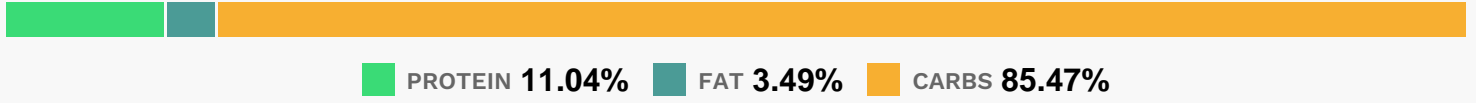
SNACK

Ingredients

- 1 cup rice
- 1 teaspoon ground coriander (sookha dhaniya)
- 1 teaspoon cumin seeds (zeera)
- 1 teaspoon garam masala
- 1 cup peas green
- 1 teaspoon chili powder red (lal mirch)
- 1 tablespoon salt (start by)
- 2 cups water fresh

Equipment

Nutrition Facts



Properties

Glycemic Index:55.26, Glycemic Load:47.33, Inflammation Score:-7, Nutrition Score:16.301739130435%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 409.9kcal (20.5%), Fat: 1.57g (2.41%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 86.32g (28.77%), Net Carbohydrates: 79.93g (29.06%), Sugar: 4.32g (4.8%), Cholesterol: 0mg (0%), Sodium: 3527.42mg (153.37%), Protein: 11.15g (22.3%), Manganese: 1.38mg (69.1%), Vitamin C: 29.29mg (35.51%), Fiber: 6.39g (25.58%), Selenium: 15.8µg (22.57%), Copper: 0.4mg (20%), Phosphorus: 196.76mg (19.68%), Vitamin K: 19.18µg (18.27%), Vitamin B1: 0.27mg (17.92%), Vitamin A: 863.83IU (17.28%), Vitamin B3: 3.18mg (15.89%), Iron: 2.84mg (15.75%), Vitamin B6: 0.3mg (14.98%), Magnesium: 57.96mg (14.49%), Zinc: 2.08mg (13.85%), Folate: 54.91µg (13.73%), Vitamin B5: 1.02mg (10.22%), Potassium: 334.05mg (9.54%), Vitamin B2: 0.16mg (9.21%), Calcium: 72.98mg (7.3%), Vitamin E: 0.61mg (4.07%)