



## Brown Rice Vegetable Pulao

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



470 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 175 grams brown rice cooked
- 1 carrots grated
- 2 celery stalks sliced
- 1 small chili powder fresh green deseeded finely chopped
- 75 grams lentils red cooked
- 1 onion chopped
- 2 tablespoons orange juice fresh
- 3 servings salt and pepper as needed

- 1 spring onion green finely chopped
- 4 tablespoons vegetable oil
- 80 ml vegetable stock (if you have veg cubes, just drop it water to make stock)
- 20 grams almonds whole sliced
- 1 leaves frangelico fresh

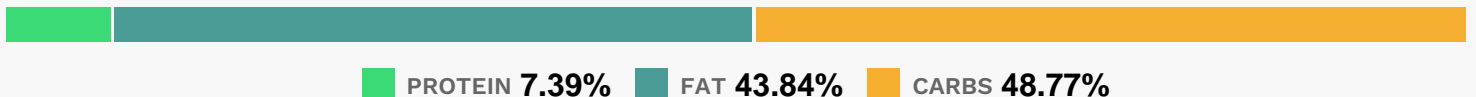
## Equipment

- bowl
- frying pan

## Directions

- Heat 2 tbsp of oil in a frying pan over medium heat.
- Add the chopped onion and saute well till softened.
- Add the celery, carrot, chilli, spring onions and almonds. Stir-fry for 2 minutes or until the vegetables are done.
- Transfer to a bowl and set aside.
- Add the remaining oil to the pan. Stir in the rice and lentils. Cook over medium heat, stirring for 2 minutes. Reduce the heat and stir in the veg stock and orange juice. Season with salt and pepper.
- Mix the already cooked vegetables to the pan. Toss with the rice for a few minutes until heated through.
- Transfer to a warmed dish, garnish with leaves and serve.

## Nutrition Facts



## Properties

Glycemic Index:111.08, Glycemic Load:28.13, Inflammation Score:-10, Nutrition Score:21.466956521739%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg

## Nutrients (% of daily need)

Calories: 470.24kcal (23.51%), Fat: 23.24g (35.76%), Saturated Fat: 3.37g (21.08%), Carbohydrates: 58.18g (19.39%), Net Carbohydrates: 52.02g (18.92%), Sugar: 4.57g (5.07%), Cholesterol: 0mg (0%), Sodium: 321.57mg (13.98%), Protein: 8.81g (17.62%), Manganese: 2.55mg (127.37%), Vitamin A: 3540.51IU (70.81%), Vitamin K: 45.71µg (43.53%), Magnesium: 118.92mg (29.73%), Phosphorus: 252.96mg (25.3%), Fiber: 6.17g (24.66%), Vitamin E: 3.41mg (22.7%), Vitamin B1: 0.34mg (22.68%), Vitamin B6: 0.43mg (21.61%), Folate: 77.61µg (19.4%), Vitamin B3: 3.34mg (16.7%), Copper: 0.33mg (16.31%), Iron: 2.37mg (13.14%), Vitamin C: 10.79mg (13.08%), Potassium: 457.38mg (13.07%), Zinc: 1.84mg (12.28%), Vitamin B5: 1.19mg (11.94%), Vitamin B2: 0.15mg (8.79%), Calcium: 62.5mg (6.25%), Selenium: 1.23µg (1.76%)