



## Brown Rice with Peas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



128 kcal

SIDE DISH

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 teaspoon butter
- 2 tablespoons green onions thinly sliced
- 1 cup brown rice instant (such as Uncle Ben's)
- 1.5 tablespoons preshredded parmesan cheese fresh
- 1 cup peas green frozen
- 0.1 teaspoon salt
- 1.3 cups water

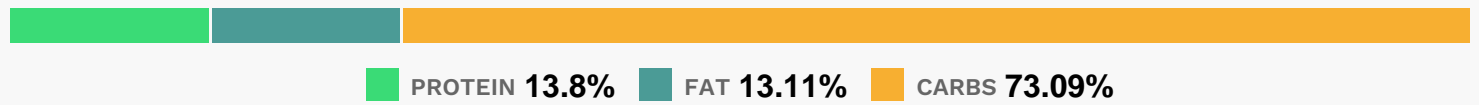
# Equipment

sauce pan

# Directions

- Combine water and rice in a medium saucepan. Bring to a boil; cover, reduce heat, and simmer 10 minutes or until water is absorbed and rice is tender.
- Stir in green peas and remaining ingredients.

# Nutrition Facts



# Properties

Glycemic Index:46.33, Glycemic Load:1.47, Inflammation Score:-5, Nutrition Score:8.1330436375802%

# Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

# Nutrients (% of daily need)

Calories: 128.49kcal (6.42%), Fat: 1.85g (2.85%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 23.24g (7.75%), Net Carbohydrates: 20.67g (7.52%), Sugar: 2.15g (2.39%), Cholesterol: 3.96mg (1.32%), Sodium: 119.14mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Folate: 84.79µg (21.2%), Vitamin B1: 0.3mg (19.87%), Manganese: 0.37mg (18.69%), Vitamin C: 15.06mg (18.26%), Vitamin K: 15.44µg (14.71%), Selenium: 9.11µg (13.01%), Vitamin B3: 2.29mg (11.43%), Iron: 1.95mg (10.86%), Fiber: 2.57g (10.27%), Phosphorus: 79.04mg (7.9%), Vitamin A: 353.45IU (7.07%), Copper: 0.12mg (5.92%), Zinc: 0.83mg (5.53%), Vitamin B6: 0.09mg (4.56%), Magnesium: 17.32mg (4.33%), Calcium: 41.14mg (4.11%), Vitamin B2: 0.06mg (3.71%), Potassium: 105.41mg (3.01%), Vitamin B5: 0.14mg (1.44%)