



WHATSheATE



Buttered Rice with Peas



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 1 cup quick-cooking brown rice instant uncooked
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 cup peas sweet frozen (from 12-oz bag)
- ☐ 4 servings salt and pepper freshly ground to taste
- ☐ 1.3 cups water
- ☐ 1 bell pepper red yellow finely chopped

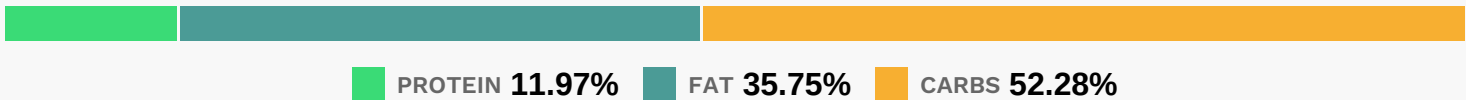
Equipment

☐ frying pan

Directions

- ☐ Cook rice in water as directed on package.
- ☐ Meanwhile, in large skillet, melt butter over medium heat.
- ☐ Add bell pepper; cook about 2 minutes, stirring occasionally, until pepper begins to soften.
- ☐ Add peas and onions. Cook about 3 minutes longer, stirring occasionally, until bell pepper is crisp-tender and peas are thoroughly heated.
- ☐ Add cooked rice to skillet with vegetables; stir to combine. Stir in Parmesan cheese. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:31.58, Glycemic Load:1.45, Inflammation Score:-7, Nutrition Score:12.598695696048%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 196.56kcal (9.83%), Fat: 7.84g (12.07%), Saturated Fat: 4.64g (28.97%), Carbohydrates: 25.8g (8.6%), Net Carbohydrates: 22.98g (8.36%), Sugar: 2.14g (2.38%), Cholesterol: 20.49mg (6.83%), Sodium: 356.91mg (15.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.82%), Vitamin C: 69.66mg (84.43%), Folate: 92.93µg (23.23%), Vitamin B1: 0.31mg (20.5%), Manganese: 0.41mg (20.29%), Selenium: 11.02µg (15.74%), Vitamin K: 15.82µg (15.06%), Vitamin B3: 2.55mg (12.76%), Vitamin A: 595.72IU (11.91%), Iron: 2.1mg (11.67%), Phosphorus: 114.07mg (11.41%), Fiber: 2.82g (11.28%), Calcium: 78.49mg (7.85%), Copper: 0.15mg (7.53%), Zinc: 1.1mg (7.36%), Vitamin B6: 0.14mg (7.23%), Magnesium: 22.21mg (5.55%), Vitamin B2: 0.09mg (5.16%), Potassium: 178.82mg (5.11%), Vitamin B5: 0.21mg (2.11%), Vitamin E: 0.27mg (1.78%), Vitamin B12: 0.1µg (1.6%)