



## Confetti Rice



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14 ounces chicken broth reduced-sodium canned
- 2 tablespoons parsley fresh minced
- 0.5 cup bell pepper diced green
- 1 cup rice long grain uncooked
- 1 cup rice long grain uncooked
- 0.3 teaspoon oregano dried
- 0.5 cup peas green frozen thawed
- 0.1 teaspoon pepper

- 0.5 cup bell pepper diced sweet red
- 0.3 teaspoon salt
- 0.3 cup water

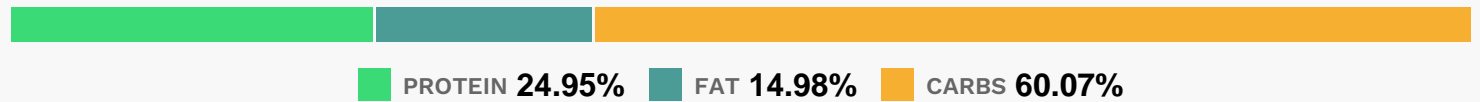
## Equipment

- sauce pan

## Directions

- In a large saucepan, combine the first six ingredients. Bring to a boil. Stir in peppers. Reduce heat; cover and simmer for 15–20 minutes or until rice is tender.
- Remove from the heat. Stir in peas. Cover and let stand for about 5 minutes or until heated through and liquid is absorbed. Stir in parsley.

## Nutrition Facts



## Properties

Glycemic Index:46.28, Glycemic Load:30.35, Inflammation Score:-6, Nutrition Score:13.36347826087%

## Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 363.76kcal (18.19%), Fat: 5.89g (9.06%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 53.13g (17.71%), Net Carbohydrates: 51.08g (18.57%), Sugar: 1.59g (1.77%), Cholesterol: 33.07mg (11.02%), Sodium: 421.56mg (18.33%), Protein: 22.07g (44.14%), Vitamin C: 32.48mg (39.38%), Manganese: 0.76mg (38.07%), Selenium: 21.72µg (31.03%), Vitamin K: 28.56µg (27.2%), Phosphorus: 191.85mg (19.18%), Zinc: 2.54mg (16.94%), Vitamin B6: 0.31mg (15.67%), Vitamin A: 758.19IU (15.16%), Vitamin B3: 3.03mg (15.15%), Vitamin B12: 0.66µg (11.02%), Copper: 0.21mg (10.25%), Iron: 1.74mg (9.69%), Magnesium: 35.77mg (8.94%), Fiber: 2.05g (8.21%), Vitamin B2: 0.13mg (7.54%), Potassium: 258.55mg (7.39%), Vitamin B5: 0.7mg (6.96%), Vitamin B1: 0.09mg (6.03%), Folate: 23.3µg (5.82%), Vitamin E: 0.56mg (3.75%), Calcium: 35.37mg (3.54%)